

Fixing opioids' PRESCRIPTION PROBLEM | FRESH START after prison | SUPER POOLS

Connecticut  
Public

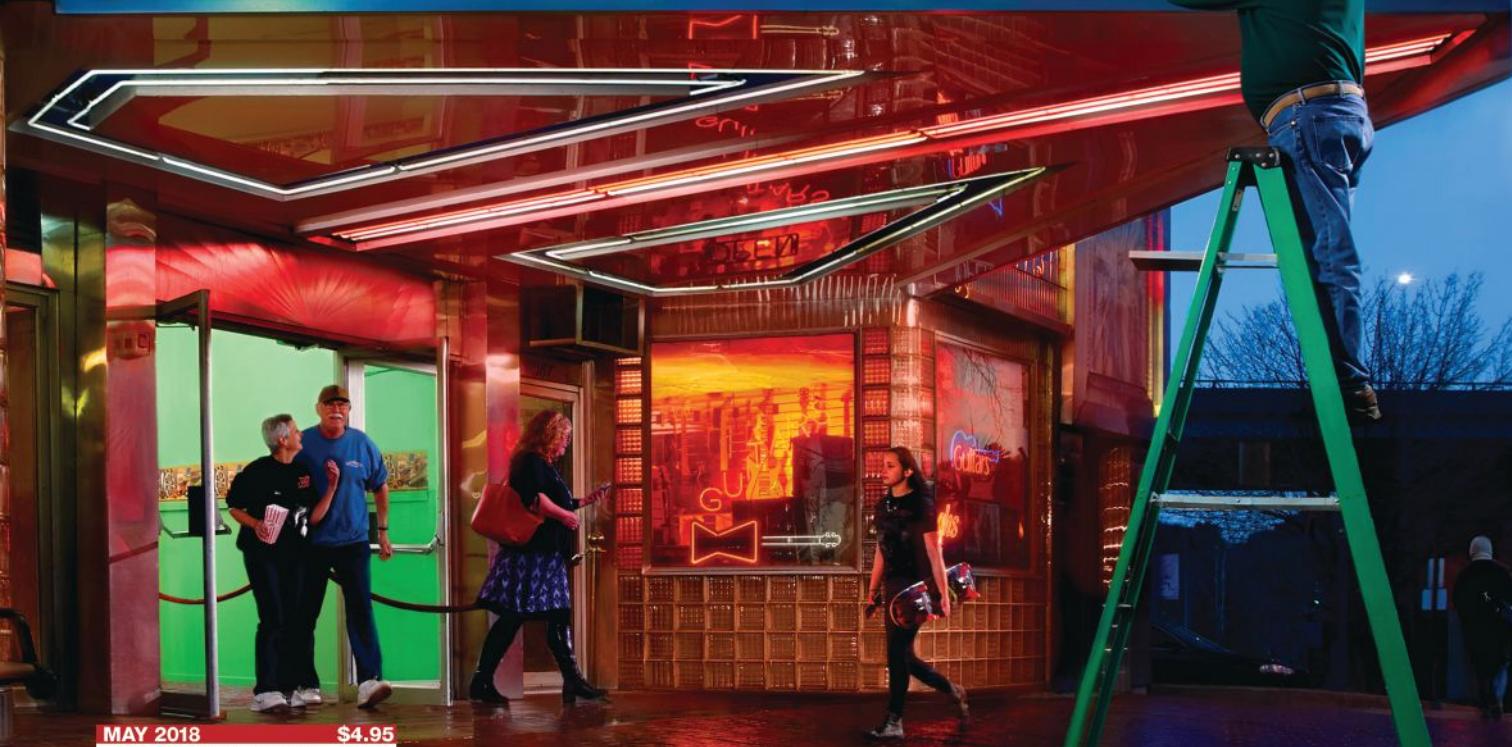
# CONNECTICUT

MAGAZINE

connecticutmag.com

## Strand

### THE VALLEY ISSUE



MAY 2018

\$4.95

05>



7 25274 27005 7

Strand Theater, Seymour

# **HEY, CANCER. NOW IT'S TWO AGAINST ONE.**

**MEMORIAL SLOAN KETTERING PHYSICIANS  
NOW AT NORWALK HOSPITAL**

**United against cancer.** Now, Memorial Sloan Kettering medical and radiation oncologists are onsite at Norwalk Hospital — leading and delivering team-based care alongside Norwalk Hospital's own cancer experts. It's a powerful collaboration that offers both advanced science and highly personalized care. And, for patients, that adds up to more than a fighting chance. **For more information, visit [MSKatNorwalk.org](http://MSKatNorwalk.org).**



---

With  
 **MSK Physicians**



# THIS IS NOT A SHIRT. THIS IS AN ORVIS SHIRT.

## OPEN AIR CASTER *designed by women for women*

**KEEP YOUR COOL**  
mesh venting front & back for breathability

**LONG OR SHORT**  
button tabs convert long sleeves to short

**SAFER IN THE SUN**  
UPF 40+ protection blocks over 97% of UV rays

**LIGHT-AS-AIR**  
seersucker-like fabric dries quickly & boosts evaporative cooling

**SEE CLEARLY**  
eyeglass cleaner hidden in the hem



GET TO KNOW THE ORVIS DIFFERENCE ONLINE OR AT ONE OF OUR 70+ STORES.  
OH, AND BRING YOUR DOG ALONG. WE'D LOVE TO MEET YOU BOTH.

# ORVIS®

MEN | WOMEN | FLY FISHING | WINGSHOOTING | DOGS

AVON • ORVIS.COM



## THE JOURNEY TO RECOVERY IS AS UNIQUE AS YOU ARE

let us guide you on your path.

Aware Recovery Care is in its 7th year of doing what was at one time not possible - delivering expertly trained in-home addiction care teams into people's homes to help individuals and families recover from substance use and mental health disorders. The goal or purpose in life for most people is as varied and different as the people themselves. For some, the life goal might be to live without shame, become an electrical engineer, go back to school, raise their own children, get their license back, be honest, like themselves again, restore trust in a relationship, get a good job or get married. Recovery is not the goal; it is the means or the path to reach the goal. For most of our clients, sobriety and long-term recovery is the only road that makes their life's dream possible.

To learn more, speak with an Intake Care Specialist at 1-844 AWARERC or 203.779-5799, today.



Approved by Anthem Blue Cross and Blue Shield for full In-network coverage to its members.

1.844.AWARERC or 203.779.5799 | [AwareRecoveryCare.com](http://AwareRecoveryCare.com)

# A note to those afflicted with addiction and to all who stand with them.

Addiction is a pernicious illness not an indication of weak character or moral shortcoming. Its greedy tentacles not only encircle the addict but also move to poke at the lives of those closest to the addict. I know your pain.

I am the mother of an addict, a son who began to use in his early teen years. Very quickly my charismatic, bright, creative, compassionate child turned to a conniving, belligerent, thieving liar. A monster inhabited my son's physical being. For over fifteen plus years my family and I struggled alongside my son through his hellish journey. We researched, sought help, researched more, and again sought help. He went to multiple treatment facilities, from east coast to west coast, from southern states to other continents, and back home to more. Arrests, court appearances, and a prison sentence became part of our shared experience. Tears, nightmares, anxiety, frustration, hope, dismay were my daily familiars. The "Undertow", an uninvited feeling of dread, took residence inside me. Collectively the family suffered as he struggled. Each time he would return from a new facility sober and positive only to relapse again. Our determination, hope, love, and support for him never exhausted. Ongoing research into treatment arenas led to the discovery of AWARE Recovery Care.

Their in-home approach was refreshingly different, evidence and science based, logical, and all-encompassing. My son could remain a productive individual living in his surroundings. He could face the daily struggles and access the necessary tools to cope and maintain his sobriety...Without recrimination, licensed mental health professionals and specially trained staff spent a year patiently coaching new behaviors for him and the entire family that led to wellness.

They held my son accountable for his actions but unconditionally supported him and never passed judgment. This is why my son agreed to continue the program. They gained both his and our trust. The Aware staff is specially trained to work as professionals in the home. It was easy for my son to relate to his team, as they intimately knew recovery themselves. Today is day 56 and a milestone for him. The most important part is what we hear now when he talks to us – hope.

Knowing that I am fortunate, I am sharing his story that others might find strength and hope in their struggle. 

 **I could not thank you enough** for helping me during my darkest hours. I almost lost my daughter last year due to an overdose. I could not even comprehend what it would be like if Anthem insurance did not recommend your company for this crisis intervention.

 You did not only save one life, but you saved the lives of my entire family. From the bottom of my heart even a million thanks is not enough.

To be under the care of Aware recovery is incredible. They held my son accountable for his actions but unconditionally supported him and never passed judgment. This is why my son agreed to continue the program. They gained both his and our trust. The Aware staff is specially trained to work as professionals in the home. It was easy for my son to relate to his team, as they intimately knew recovery themselves. Today is day 56 and a milestone for him. The most important part is what we hear now when he talks to us - hope.

Without Aware,  
my son would not  
be with us today.  
I am sure of this. 

Aware Recovery Care program has honestly had one of the greatest impacts on my life. 



1.844.AWARERC or 203.779.5799  
[AwareRecoveryCare.com](http://AwareRecoveryCare.com)

## FEATURES

### 48 The Valley

You'll find stories about the Lower Naugatuck Valley throughout this issue as we celebrate the people, places, businesses, restaurants, traditions and history of this region.



### 36 Dipping and Diving

Is money burning a hole in your pocket? Cool yourself off by jumping into a backyard in-ground pool that doubles as an engineering marvel.

### 41 A Free Man

Mark Schand spent 27 years in prison for a crime he didn't commit. Exonerated, he's now sharing his love of healthy eating at his new smoothie shop in New Britain, and living the life he always wanted.

## DEPARTMENTS

### 8 Editor's Note

### 10 Voices

### 12 First

Taking steps to make sure addiction doesn't begin with legally prescribed opioids from a doctor's office.

### 20 Beachcombing

A new documentary takes a look at landscape architect Beatrix Farrand.

### 25 This Month

If you want to take your kids or grandkids to the theater, read this first.

### 55 The Connecticut Table

We review Crave, check out the new breakfast venture from the owners of GoldBurgers, indulge in some classic Valley cuisine, and try Caribbean vegan.

### 80 The Connecticut Files

How Naugy's Charles Goodyear paved the road for the rubber tire industry.



### 68 Connecticut Public Guide

- "The Toolbox of America"
- "Informed Voices Celebration"
- "Connecticut Public Television Highlights"

**For new subscription orders or questions, call 855-235-9032. Subscriber/Postmaster:** Send changes of address or subscription inquiries in writing to *Connecticut Magazine*, Subscription Services, P.O. Box 3000, Denville, NJ 07834.

**CPTV or Public Broadcasting members:** Please call member services at 800-683-1899.

*Cover design: Alyson Bowman; photo by ©Jeff Kaufman at the Strand Theater, Seymour*

*This page: Pulaski Way footbridge on the Naugatuck River Greenway over the Naugatuck River in Naugatuck; photo courtesy of NVCOG.*



# Choose from our menu of Residential Living Options.

As unique as you are.

Our beautiful new Masonicare at Mystic community offers several different residential arrangements for you or your loved one. Are you looking for spacious accommodations? Or a more affordable senior living option? Or do you need additional support for daily living such as assisted living and memory care? Our rental apartments could provide the option that's right for you. And all of this is located in the heart of scenic Mystic – a destination brimming with history, attractions and nature.

Come visit!

Schedule your personal tour today.

Call 860-415-2500 or 888-502-8859 to meet with one of our Retirement Counselors.



MASONICARE AT  
**MYSTIC**

[MASONICARE-MYSTIC.ORG](http://MASONICARE-MYSTIC.ORG)

45 Clara Drive, Mystic, CT



INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • ADULT DAY

SHOW MOM SHE IS YOUR  
*precious gem*



Peter Suchy Jewelers  
Estate and Antique Jewelry

1137 HIGH RIDGE ROAD | STAMFORD, CT  
203.327.0024 | [WWW.PETERSUCHYJEWELERS.COM](http://WWW.PETERSUCHYJEWELERS.COM)

**Istdibs.** ebay

# Connecticut Addiction Medicine

*Way to Recovery*

Comprehensive Outpatient Substance Abuse Treatment  
Psychiatric care and case management available

330 Main Street, Hartford, CT

**860-969-1101**

546 Cromwell Ave., Rocky Hill, CT

**860-757-3874**

101 Water Street, Norwich, CT

**860-222-9559**

**Same Day Appointments Available**

Check our website: [ctaddictionmedicine.com](http://ctaddictionmedicine.com)

**CONNECTICUT®** BUSINESS & EDITORIAL OFFICES  
MAGAZINE 100 Gando Dr. I New Haven, CT 06513  
203-789-5300 | Fax 203-789-5255

Group Publisher and President Paul Barbetta  
203-330-6527 | [pbarbetta@hearst.com](mailto:pbarbetta@hearst.com)

Executive Editor, Connecticut Helen Bennett Harvey  
[helen.bennett@hearstmediact.com](mailto:helen.bennett@hearstmediact.com)

| editorial |

Editor in Chief Albie Yuravich  
203-789-5230 | [ayuravich@connecticutmag.com](mailto:ayuravich@connecticutmag.com)

Writer/Content Editor  
Mike Wollschlager  
[mwollschlager@connecticutmag.com](mailto:mwollschlager@connecticutmag.com)

Senior Writer Erik Ofgang 203-789-5227  
[eofgang@connecticutmag.com](mailto:eofgang@connecticutmag.com)

Writer Michael Lee-Murphy 203-789-5233  
[mmurphy@connecticutmag.com](mailto:mmurphy@connecticutmag.com)

Contributing Writers Randall Beach, Frank Rizzo,  
Meg Barone, John Roche

Contributing Photographers Jeff Kaufman,  
Catherine Avalone, Mara Lavitt

| art & production |

Senior Designer Alyson Bowman  
[abowman@connecticutmag.com](mailto:abowman@connecticutmag.com)

Designer Greg Moody  
[gmoody@connecticutmag.com](mailto:gmoody@connecticutmag.com)

Advertising Support Specialist  
Patty Genovese

| sales & marketing |

Senior Vice President, Sales and Marketing  
Rich Medeiros | 203-680-9919  
[rmedeiros@hearstmediact.com](mailto:rmedeiros@hearstmediact.com)

Greater New Haven Joe Hiznay  
203-258-7633 | [jhiznay@connecticutmag.com](mailto:jhiznay@connecticutmag.com)

Hartford + Litchfield counties Karl Cicitto  
860-558-3837 | [kcicitto@connecticutmag.com](mailto:kcicitto@connecticutmag.com)

Tolland + Windham + New London  
+ Middlesex counties  
Julie Rowbotham | 203-464-1300  
[julie.rowbotham@hearstmediact.com](mailto:julie.rowbotham@hearstmediact.com)

Fairfield + Westchester counties Tracy Poeti  
203-215-9701 | [tpoeti@connecticutmag.com](mailto:tpoeti@connecticutmag.com)

Marketplace Advertising Joe Hiznay  
203-258-7633 | [jhiznay@connecticutmag.com](mailto:jhiznay@connecticutmag.com)

Subscriber Services  
855-235-9032

PUBLISHER'S REPRESENTATIVES

Boston Lange Media Sales  
781-642-0400 | [erklange@aim.com](mailto:erklange@aim.com)

New York Couture Marketing  
917-821-4429 | [karen@couturemarketing.com](mailto:karen@couturemarketing.com)

| credit & collections | 877-396-8937

Visit us at [connecticutmag.com](http://connecticutmag.com). Connect with us on   
Copyright 2017 by Hearst Connecticut Media Group. All rights reserved.  
No part of this publication may be reproduced without written permission.  
No responsibility is assumed for unsolicited materials, which must be  
accompanied by SASE if they are to be returned.

**HEARST** CONNECTICUT  
MEDIA GROUP

**CIRCULATION  
VERIFICATION  
COUNCIL** Connecticut Magazine® (ISSN 0889-7670), a property of Hearst Connecticut Media Group, 100 Gando Drive, New Haven, CT 06513-1014, is published monthly by Connecticut Magazine at 100 Gando Drive, New Haven, CT 06513. Periodicals postage paid at New Haven, Connecticut, and at additional mailing offices. Printed in U.S.A. Subscription rates: One year \$19.97, two years \$34.97, three years \$39.97 in Connecticut; out-of-state residents add \$5/yr. POSTMASTER: Send changes of address to Connecticut Magazine Subscription Services, P.O. Box 3000, Denville, NJ 07834.



## THE PERFECT **SHORELINE** RETIREMENT

A lifestyle that embraces true independence, friendships, culinary celebrations and the safety of community. It's time to enjoy retirement the way it's meant to be.



*Connecticut's Premier Life Care Community*

88 Notch Hill Road • North Branford, CT 06471 • (203) 488-8000 • [Evergreen-Woods.com](http://Evergreen-Woods.com)



Celebrating 40 years



Dress Available in:  
Fushcia, Coral, Red, Turquoise,  
Colbalt and Navy

## Helen Ainson DARIEN

Shop online or in store

Mother of the Bride/Groom

Clothing & Accessories for all occasions

Shoes, Lingerie & Gifts

1078 Post Road • (203) 655-9841  
[helenainson.com](http://helenainson.com) Sizes 2-24



# editor's note

## Happy Valley

Way back in November 2011, this magazine published its then-biennial Rating the Towns, ranking municipalities using personal income, crime rate, diversity, taxes, education and cultural options.

The Naugatuck River Valley, including the towns of Naugatuck, Oxford, Beacon Falls, Seymour, Shelton, Ansonia and Derby, rated poorly overall, or, as the region's online news site the *Valley Independent Sentinel* put it, we "kicked the Valley in the shins." At the time, the magazine wrote that the Valley "remains a benighted place as far as these surveys are concerned — and has been since our first one in 1992." Suffice it to say Valley residents were not amused.

When our staff met late last year to discuss story ideas for 2018, the concept of "The Valley Issue" was a particularly intriguing one. It was a chance to pay tribute to a part of the state that isn't often seen in these pages, but is no less deserving of attention for the people, places and

issues that define it.

You'll find a story on the Lower Naugatuck Valley in nearly every section of this issue, from a story on the Valley Sports Rewind podcast (page 16) to a review of Ansonia's Latin fusion hotspot Crave (page 55) to a Connecticut Files on when rubber ruled Naugatuck (page 80). Find an index of all Valley stories on page 48.

This issue represents what we've long sought to do: spotlight the positives of our state. Think of it as a pat on the back, rather than a kick in the shins, for the Valley.

**Albie Yuravich**

[ayuravich@connecticutmag.com](mailto:ayuravich@connecticutmag.com)

Twitter/Instagram @AlbertYuravich

## Center for Compassionate Recovery

"Where courage meets compassion every"



**(203) 245-0412**

17 Wall Street, Madison, CT 06443

<https://ccrfreshstart.com/>  
[outreach@ccrfreshstart.com](mailto:outreach@ccrfreshstart.com)

Outpatient Opiate Addiction Treatment  
Medicaid and Private Insurances Accepted

# Shop. Dine. Explore.



NEW HAVEN'S  
**Top Model Search**  
**Saturday, June 9**  
**1:00-5:00pm**

56 BROADWAY, NEW HAVEN  
Across from Apple. Pre-Register online.

Plan your visit at [TheShopsatYale.com](http://TheShopsatYale.com)

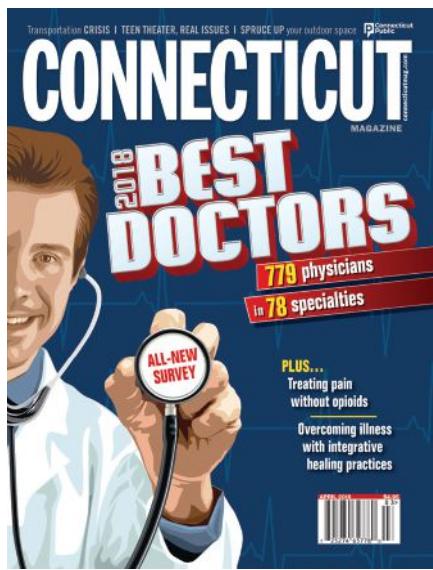
## The Shops at Yale

Apple • Union League Café • J.Crew • Urban Outfitters • Tarry Lodge  
Patagonia • Arethusa Farm Dairy • Harvest Wine Bar & Restaurant • And many more!

More than 70 unique boutiques, national retailers, eateries, award-winning restaurants, theaters, and world-renowned museums in the Broadway and Chapel Street Historic Districts of downtown New Haven.

Find directions to our convenient surface parking lots at [TheShopsatYale.com/Parking](http://TheShopsatYale.com/Parking)





*Connecticut Magazine* welcomes letters. Write to Editor, Connecticut Magazine, 100 Gando Drive, New Haven, CT 06513, or email [editorial@connecticutmag.com](mailto:editorial@connecticutmag.com). Please include your name, phone number and address; no anonymous letters will be published. We may edit letters for space reasons or clarity.

## Keeping It Positive

Congratulations! The article about kelp farming ("Wave of the Future," March 2018) was such good news, especially when national news is so awful. The environmental impact can be enormous, especially considering how little has been spent. Another piece of good news is the "solar farm" in Franklin (on Route 32). This is also saving the environment. I'm on a roll here, so I'll cite Joe Courtney as one of the very best representatives in Congress. Joe works tirelessly on our behalf. Susan Johnson, a state representative, works hard, can work both sides of the aisle, and does her "homework." Thank you, *Connecticut Magazine*, for publishing "positive" articles. If only the newspapers had the same policy!

Dean Williams  
Willimantic

as well. The Connecticut Surgical Quality Collaborative ([ctsqc.org](http://ctsqc.org)) is the largest and most diverse surgical collaborative of its type in the world, and is dedicated to improving all aspects of surgery. Connecticut hospitals have attained dramatic decreases in surgical infection rates and opioid use. This leads to shorter lengths of stay, less complications and better recoveries. Many of the "Enhanced Recovery After Surgery" protocols use combinations of non-narcotic alternatives, such as "IV Tylenol" or "IV Motrin" or a novocaine-like local anesthetic that lasts for several days. For instance, Saint Mary's Hospital in Waterbury has performed elective complex abdominal surgery with an almost-zero infection rate, and a hospital stay of 2½ days, versus the national average of six days for the same procedure. Many patients never take a narcotic while in the hospital or after they go home. Patients should check with their local hospital or the CtSQC to inquire about enhanced recovery.

Philip R. Corvo, MD MA FACS  
Chairman of surgery,

Saint Mary's Hospital, Waterbury  
Founding president, Connecticut  
Surgical Quality Collaborative  
Professor of surgery,  
Frank H. Netter MD School of Medicine,  
Quinnipiac University

## Opioid-Free Surgery Options

I read with interest your article about treating pain without opioids ("No Pain, Plenty of Gain," April 2018). Your readers should also know that Connecticut is leading the country in opioid-free surgery,

## More Doctor Specialties, Please

I've been a member of WNPR for 10-plus years and hence I've enjoyed a subscription to *Connecticut Magazine* for those same years. I've also been a Glastonbury resident since 1993 and between my wife, four kids and myself have used various doctors and medical services in the Greater Hartford area since then. So, for me, it's always interesting to read the best doctors issue. It just occurred to me one glaring omission to the article ... why doesn't it include podiatrists, DOs (doctors of osteopathic medicine) and chiropractors? This is something that *Connecticut Magazine* should consider either for the same issue or perhaps a separate issue. I recall *Connecticut Magazine* having articles on alternative medicine like the current issue for pain-treatment alternatives, but I don't recall something like the Best Doctors magazine for alternative medicine options.

Michael Graziosi  
Glastonbury

## Voted Connecticut's Best Health Food Store 5 years running by CT Magazine

### New Morning Market



Goodness Is In™

Since 1971

Connecticut's Original Independent  
Organic Marketplace



129 Main St. North, Woodbury CT  
(203) 263-4868 [www.newmorn.com](http://www.newmorn.com)

# Are You Addicted to Prescription Painkillers?



More and more, you hear stories about regular people getting addicted - the high school cheerleader who twisted her ankle at practice, the father of two who had an accident at work, the grandma recovering from hip surgery. People who were simply trying to feel better, and before they knew it, found themselves in the depths of addiction.

The reality is that no one sets out to become addicted - it just happens. It's not a moral failing, a character flaw, or something reserved for a specific type of person. Addiction can happen to anyone. Would you be able to recognize the signs if it happened to you?

## SIGNS OF ADDICTION

Over four million Americans abuse prescription painkillers yet only 10 percent seek treatment<sup>1</sup>. Learn the signs of addiction before it's too late.

### You Don't Like Discussing It

Pay attention to how you act and feel regarding your use. If you are abusing painkillers, you are most likely keeping it a secret (or at least trying to). Ask yourself: Am I hiding how much I'm taking? Am I constantly having to make excuses? Do I get upset or defensive whenever anyone points out that I might be taking too many pills?

### You Have Been to Several Doctors

You may be justifying your behavior by thinking that your doctor simply doesn't understand your pain, but the reality is that "doctor shopping" is a major red flag. If your doctor refuses to keep prescribing you any more painkillers or won't give you a higher dose and you find yourself looking for any other doctor who will, you may have a serious problem.

### You Are Taking More Than You Were Prescribed

You may think it's ok to take a few extra pills to manage your discomfort, but having trouble sticking

to the dosage prescribed by your doctor can be a sign that you have developed a tolerance for the medication or that your mind and body have become dependent on it.

Remember, sometimes a bit of pain and discomfort are part of recovering from an injury or surgery. Next time you reach for an extra pill, ask yourself: Do I really need to take this? Am I actually in physical pain?

### Others Tell You That You Have Changed

The abuse of prescription painkillers takes a toll on both mind and body. While you may not have noticed changes, it is likely that others have and that they've pointed them out. Think, have your friends or loved ones mentioned that you are different lately – skinnier, paler, less put together, moodier, tired, or just not quite yourself? Take a step back and really take a look at yourself. Behavioral changes like neglecting your self-care and responsibilities can be a sign of drug abuse.

Addiction affects everyone differently, but if you spot these red flags or start to notice that your prescription painkiller use is taking a negative toll on your life seek out professional help. Addiction can be deadly. Don't take a chance on your life, get help today.

If you or a loved one needs help, contact Mountainside addiction treatment center at 844-246-2300 or visit [www.mountainside.com](http://www.mountainside.com).

Mountainside is a nationally acclaimed alcohol and drug rehabilitation center that combines wellness practices and clinical addiction treatment in order to empower individuals with the tools they need to achieve long-term sobriety.

1. Source: National Survey on Drug Use and Health (NSDUH) - 2014. [www.samhsa.gov](http://www.samhsa.gov)

# first

CHARLES WOLLETTZ/STOCK/THINKSTOCK



## Turning the Tide

AS THE OPIOID ADDICTION CRISIS WORSENS, CAN MORE BE DONE TO ENSURE THE PROBLEM DOESN'T START IN A DOCTOR'S OFFICE? | BY ERIK OFGANG

You've heard Brian Mendell's story — or one just like it — before.

In the early 2000s, after sustaining an injury while playing football at Joel Barlow High School in Redding, Brian was prescribed an opioid. Later he became addicted to these prescription pills, and then he started using heroin. Brian took his own life in 2011 at the age of 25.

Though the dangers of prescription opioids are well-documented today, there are still problems with the way they are routinely prescribed, says Brian's father, Gary Mendell, who founded Shatterproof, a nonprofit dedicated to the fight against addiction, after Brian's death.

"People are becoming addicted every single day in this country because a doctor legally prescribed two to three to four weeks of a prescription opioid that's not necessary," Mendell says.

Gary Mendell, CEO of Shatterproof, a nonprofit dedicated to the fight against addiction. Mendell formed the organization after his son Brian's battle with addiction and subsequent death in 2011.

As many as "1 in 4 people who receive prescription opioids long term for non-cancer pain in primary care settings struggles with addiction," according to the Centers for Disease Control and Prevention. This has helped fuel the heroin epidemic, as one study in the 2000s found

80 percent of heroin users took prescription opioids prior to heroin.

In 2016 the CDC issued new guidelines detailing 12 measures for prescribing opioids for chronic pain. The first measure advises clinicians that "nonpharmacologic therapy and nonopioid pharmacologic



PHOTO: SCOTT MULLIN

therapy are preferred for chronic pain."

Ever since the new guidelines were published, Mendell's nonprofit has worked to publicize them to health care professionals, as prescription opioids are still regularly prescribed outside the recommended guidelines.

According to the CDC, in Connecticut in 2016, the most recent year for which data is available, 55.9 opioid prescriptions were dispensed per 100 persons, which is below the national average of 66.5 per 100 persons. This number is also down from a high of 69.3 in 2012. The state has seen a steady decline in opioid prescriptions between 2013 and 2016, culminating in an 18.4 percent decrease in the number of prescriptions, according to statistics provided by the Connecticut State Medical Society.

Doctors in the state are optimistic that trend will continue to improve.

---

**"People are becoming addicted every single day in this country because a doctor legally prescribed two to three to four weeks of a prescription opioid that's not necessary."**

---

Dr. Mark Kraus, co-chair of the Connecticut State Medical Society Opioid Task Force and internist and addiction medicine specialist with Franklin Medical Group and St. Mary's Hospital in Waterbury, says doctors need to continue studying how to best treat pain patients. "It's very much an ongoing education. Pain is not well taught in medical school and is poorly taught in residency. We've also learned that a pain patient can also be an addiction patient, so that's a new cohort."

Dr. Gregory Shangold, who is also co-chair of the opioid task force and specializes in emergency medicine and works at Windham Hospital, notes that 80 percent of emergency department visits are for pain, and doctors and patients have to change their expectations when it comes to pain relief. "[Patients] should not expect to be pain free, but to have your pain controlled so you can be functional," he says. When prescription opioids are given, he adds, they need to be done so with caution. "It's giving smaller amounts, not giving 50 or 60 Vicodin for every broken bone, but giving a smaller amount and then reassessing the patient to see if they really need that medicine."

Until the 1990s, use of opioid prescriptions outside of hospitals was rare. The prescribing culture shifted dramatically that decade thanks in part to a massive marketing campaign by pharmaceutical companies including Stamford-based Purdue Pharma, makers of OxyContin, which was released in 1996. The pro-opioid marketing initially included faulty claims that the risk of addiction for patients given prescription opioids was low.

The mistakes of this ad campaign and the addiction potential of prescription opioids were clear, or should have been clear, early on. In 2003 Barry Meier, a *New York Times*

journalist, released the book *Pain Killer: A "Wonder" Drug's Trail of Addiction and Death*, which details the then-little-known issues with how opioid medications were marketed and their potential for abuse. Even with the knowledge of potential risks for at least a decade and a half, the medical community has been slow to put the opioid-prescription genie back in the bottle. Watching this over the years has been heartbreaking to Mendell.

"It's extremely tragic that we know what to do as a country, as a health care system, to prevent many of our loved ones from ever becoming addicted to prescription opioids, and our health care system is not



**Addiction has met its MATCH™**

For those struggling with opioid or other addictions, Medication Assisted Treatment Close to Home (MATCH) makes treatment convenient, with schedules built for the working professional, private support services and small relapse-prevention groups.

Locations in Avon, Cheshire, Glastonbury, Groton, Killingly, Mansfield, Meriden and New Britain

**Call 1.855.825.4026 | [matchrecovery.org](http://matchrecovery.org)**

**Hartford HealthCare Behavioral Health Network**  
Connect to healthier.™



adapting at a rate commensurate with the number of lives that are being lost unnecessarily," he says.

Shortly after OxyContin was released, abusers of the drug learned that its signature time-release formula could be overridden by crushing the tablets, providing an intense high. In 2010 the company released its first abuse-deterrent version of the drug, which couldn't be crushed. But the benefits of reformulated opioids are debatable, according to Dr. Jane Ballantyne, a professor of anesthesiology and pain medicine at the University of Washington School of Medicine.

"Abuse-deterrent formulations don't

stop people from becoming addicted, they only stop people from tampering with these medications," she says. "The old party line was that as long as the medications are taken as prescribed, they are safe and effective. We now know that is not true, partly because people simply do not take any medications exactly as prescribed, which leads to problems, especially with risky drugs. Moreover, there is little evidence that long-term opioids are either safe or effective."

In February, Purdue announced that it would stop promoting OxyContin directly to doctors and that it was cutting its sales force by more than half, down to 200. The

company will shift marketing focus away from the blockbuster drug which earned \$1.8 billion last year, according to data compiled by Symphony Health Solutions. Instead the company is focused on other products including Symproic, a drug for treating opioid-induced constipation. In an email, Bob Josephson, executive director of communications for Purdue Pharma, says, "In light of the opioid crisis, Purdue stopped its speakers programs, as well as direct promotion to prescribers. During the past years, Purdue has also launched multiple initiatives to help address the opioid crisis — including partnering with law enforcement to distribute naloxone, directing prescribers to the CDC Guideline for Prescribing Opioids for Chronic Pain and funding prescription drug-monitoring programs. We recognize that more needs to be done and that's why we continue to pursue a range of solutions that will have a meaningful impact to help turn the tide of this national public health crisis."

The move comes as the company, along with other opioid manufacturers, is facing an onslaught of lawsuits filed on behalf of towns and states across the country, including several in Connecticut.

James E. Hartley Jr., of the Waterbury law firm Drubner Hartley & Hellman, believes these moves by Purdue Pharma are too little too late.

"The pharmaceutical industry's continued position is, 'Oh, we're doing whatever we can to help,'" Hartley says. "They want you to infer that it's not really their fault, this just happened. [They] still cling to the false premise that these opioids prescribed under a doctor's care don't lead to addiction. That's not true. Not everyone gets addicted, but clearly enough people do."

In separate cases, Hartley is representing Waterbury and a dozen other Connecticut municipalities, including Hartford, Newtown, Bridgeport, Beacon Falls, Seymour and Naugatuck, in lawsuits against Purdue Pharma and other leading opioid manufacturers.

Connecticut is not among the states that have sued major opioid manufacturers, but Attorney General George Jepsen's office is a leader in a multistate investigation looking at the practices of both manufacturers and distributors of opioid drugs.

"When I came into office in 2011 there was around 300 opioid-related overdose deaths a year. Five years later in 2017 we broke through 1,100," Jepsen says. "The number of deaths due to prescription opioids has remained pretty constant but the growth has been [from] the access to cheap heroin and, in the last few years, fentanyl. We're trying to get our arms around the real causes of this and what's the best route to deal with it."



Refreshing styles from poolside to curbside.



Walpole's 80-plus years of handcrafted excellence and today's in-demand AZEK® cellular PVC combine to bring you exceptional outdoor products. Choose from our pergolas, mail and lantern posts, outdoor shower enclosures, and much more.

All look exactly like natural wood yet promise years of low maintenance.

Call 800-343-6948 or visit [walpoleoutdoors.com](http://walpoleoutdoors.com)



Walpole Outdoors™

Farmington • Ridgefield • Stamford • Westport - All projects shown here crafted with AZEK®

# Ivy League Tutoring

BULLDOG TUTORS PAIRS STUDENTS WITH YALE WHIZ KIDS | BY ERIK OFGANG

While Mike Newcomer was studying for his doctorate in theoretical biophysics at Yale, he worked as a tutor for extra cash.

"I tutored for a bunch of different firms, mostly in Fairfield County," he says. "Every time I would apply to tutor, I would essentially instantly get a call and they would set me up with a student right away, without really vetting me all that much."

Newcomer understood this from a supply-and-demand perspective: qualified tutors were in high demand and tutoring agencies were eager to hire those with impressive résumés. But he says it wasn't "ideal in terms of onboarding a new tutor and having someone be a part of the team and interacting with students."

Newcomer's credentials were impressive; prior to attending Yale he had been valedictorian at Georgetown College, and during his time at Yale he had a fellowship at Los Alamos National Laboratory. After finishing his studies at Yale, he decided to open his own tutoring company designed to recruit tutors with elite educational backgrounds who were also gifted teachers.

"I wanted to take away the problem that some of the companies that I had worked for had in Fairfield County," he says.

"I would put a tutoring center located really near a place — in this case, Yale — with a tremendous amount of potential tutors for us, at least in terms of qualifications. Now we have thousands upon thousands of folks in New Haven who can potentially be tutors for us. Because we have supply [we can] whittle that down to the people who are right, who can interact with students, who can actually teach, etc."

Today Newcomer's business, Bulldog Tutors, draws on the Yale talent pool with a location near Yale's campus in New Haven and a satellite location in Guilford, with a new location also planned for Fairfield. While not every tutor studied at Yale, they have all scored in the 99th percentile for the tests they teach, and many Bulldog tutors boast perfect 1600 SAT scores. But since excelling in a subject doesn't necessarily mean someone will teach it well, each high-achieving potential tutor is also vetted for their skills with students.

After an initial interview, potential tutors are asked "to teach one of us something that we don't know," Newcomer says.

When applicants do well teaching a Bulldog staff member, they will spend



Following an initial interview, Bulldog Tutors has prospective tutors teach them something, part of a multistage process to select tutors with both knowledge and teaching talent.

time with an experienced tutor and learn from them. After that, they'll be given one student to start and have frequent sit-ins on their tutoring sessions. "If they do well in that process we move them to full tutor, where they can take on the number of students that makes sense for them."

This is all in addition to standard background checks. The rigorous process seems to pay dividends. According to the company, students who work with Bulldog Tutors improve their scores by an average of 250 points on the SAT and see significant score improvement on standardized tests.

Tutoring is available for college- and graduate-level tests. Areas of study include the SAT, ACT, LSAT, GMAT and MCAT, as well as many other placement tests. Skype sessions are also available.

Newcomer says they work with students at various levels. Some students are hoping to attend a top-tier college and are looking to improve their SAT score from a 1500 to a 1590, while others want to get a score high enough to attend a mid-level school.

Bulldog does the SAT tutoring for Wilbur Cross and Hillhouse high schools and, through its nonprofit arm, Bulldog Tutors also works with students at other New Haven schools.

Ultimately, Newcomer wants to expand the tutoring center beyond Connecticut where he would duplicate the model of drawing talented tutors from an elite nearby college.

As to what makes a good tutor, Newcomer says it often comes down to empathy. "One of the things that people struggle with when they're teaching something they're familiar with is how to go back to the time that they weren't very familiar with that and what they knew at that point," he says. He adds, the trick is "to think about it from the perspective of the student as opposed to what you know. To frame the question there and tie it into other things that that student may or may not know, so you can help them get the concepts."

[bulldogtutors.com](http://bulldogtutors.com)

The Stamford Health Breast Center is growing. And our experts and services are now in Greenwich. Here you'll have access to state-of-the-art technology and our nationally accredited breast team of fellowship-trained radiologists, breast surgeons and oncologists. From 3D mammography with same-day results to an ultrasound or a diagnostics study in one visit, we offer you every significant advantage in your battle against breast disease. Best of all, it's all right here, close to home. To learn more or schedule a mammogram, visit [StamfordHealth.org/BreastProgramGreenwich](http://StamfordHealth.org/BreastProgramGreenwich) or call 203.276.7944.



Affiliate: Columbia University College of Physicians and Surgeons  
A Planetree Hospital  
A Magnet® Recognized Hospital

75 Holly Hill Lane, Greenwich, CT 06830

## At the forefront of breast services. NOW IN YOUR BACKYARD.



2018  
WOMEN'S CHOICE AWARD®  
AMERICA'S BEST BREAST CENTERS

NAPBC®

NATIONAL ACCREDITATION PROGRAM  
FOR BREAST CENTERS  
ACCREDITED BREAST CENTER

A QUALITY PROGRAM  
of the AMERICAN COLLEGE  
OF SURGEONS



KINGSLEY BATE™  
ELEGANT OUTDOOR FURNITURE  
SAG HARBOR SECTIONAL

## Seasons Too

836 Post Road, Darien, CT • (203) 655-8444

1331 Boston Post Rd., Larchmont, NY • (914) 834-0433 • 81 Fields Lane, Brewster, NY • (845) 278-0377  
[www.seasonstoo.com](http://www.seasonstoo.com) • [Darien@seasonstoo.com](mailto:Darien@seasonstoo.com)

Ask us about  
our saltwater  
pools!

# NEWTOWN POOLS LLC

Building Quality Pools Since 1984

## Custom Gunite Pools

See us today for [poolife](#) line of products for the Most Brilliant Clean Ever Seen...



  
APSP  
The Association of  
Pool & Spa Professionals®  
HICLicReg#0579688

124 South Main Street • Newtown, CT  
203-270-1733

  
poolife  
EXCLUSIVE POOL CARE COLLECTION

SPILicReg#0280168-SP



# Haggerty Pools

*Over 60 years of Excellence, Elegance and Reliability*

Swimming Pool and Spa Service - Construction - Renovation  
[haggertypools.com](http://haggertypools.com) - 203.348.6899

THE  
AIRPORT  
FOR  
JETSETTERS.

**tweed** NEW  
HVN  
Southern Connecticut's Jetport

American Airlines

**flytweed.com**

# Found The Perfect House? Get The Perfect Mortgage.



**Michael Daversa**  
NMLS#113751  
D: (203) 682.7101  
M: (203) 247.2847  
[mdaversa@guardhill.com](mailto:mdaversa@guardhill.com)



[guardhill.com](http://guardhill.com)

NEW YORK, NY  
(212) 688-9500

WESTPORT, CT  
(203) 227-7100

SOUTHAMPTON, NY  
(631) 287-4520

BEVERLY HILLS, CA  
(424) 382-1400

GuardHill Financial Corp. NMLS# 1609. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act License #413-0038 \* Licensed Lender CT Banking Dept. \* Licensed Correspondent Mortgage Lender FL Banking Dept. \* Illinois Residential Mortgage License #MB.0006038 \* Louisiana Residential Mortgage Lending License \* Massachusetts Mortgage Lender and Broker License #MC1609 \* Licensed by the New Hampshire Banking Dept. \* Licensed by the NJ Dept. Of Banking and Insurance \* Licensed Mortgage Banker-NYS Department of Financial Services \* Pennsylvania Licensed by the department of banking License #20970 \* Rhode Island Licensed Lender \* Tennessee Mortgage License #129058 \* Virginia State Corporation Commission License #MC-1868 \* Washington DC Mortgage Dual Authority License #MLB16009 \* GuardHill Financial Corp. is also licensed to offer mortgage loans in Colorado, Maine, Maryland, North Carolina, Texas and Vermont.

# Play It Again

**VALLEY SPORTS REWIND PODCAST IS AN INTIMATE LOOK BACK AT THE SPORTS-LOVING REGION'S ATHLETIC HISTORY | BY MICHAEL LEE-MURPHY**

On a recent episode of the *Valley Sports Rewind* podcast, Bill Davis is walking host Mike Cannici through the 1996 state softball championship game between Seymour and Bristol Eastern.

Jen Hadley, who would go on to pitch for the University of Massachusetts, is on the mound for Eastern. Davis is in his ninth year as Seymour's coach. It's the first inning. Davis' lead-off batter bunts, and beats it out. Jen D'Amato is up second.

"I always felt that she could tell me how the game is gonna go," Davis says of the state MVP who hit .450 at Seymour and would go on to play at the University of New Haven. "If she gets a base hit, then we're gonna do pretty good against this pitcher." D'Amato flies out to left field. Davis has his runner steal second. "With my No. 3 batter coming up, who's a freshman, Hadley's throwing smoke. I bunt her. The third baseman fields the bunt, and throws it away. We score from second, the [batter] comes all the way to third..." and so on. Davis narrates the pivotal first inning, in which the Seymour Wildcats bunted their way to all three of their runs in a 3-2 victory over Bristol Eastern.

This is what the *Valley Sports Rewind* podcast is about: the kinds of dramas, serious as can be, that mean the world to those involved. Dramas and narratives that might be lost or fade from collective memory, the guts and creativity to give three bunt signs to the first four batters in a state championship game.

Cannici, a Derby resident and a savant for all things Valley sports, is the host of the weekly podcast that looks back



Former Seymour softball coach Bill Davis, left, regales *Valley Sports Rewind* host Mike Cannici.

PHOTO: MICHAEL LEE-MURPHY

on the transcendent figures and games of Ansonia, Derby, Oxford, Shelton and Seymour sports history. Over the course of an hour-long interview with Davis — the legendary Seymour softball coach who won five state titles during his tenure from 1988 to 2004 — Cannici does not need notes. "Since I was a little kid, I was big into baseball cards. So I'd always follow everybody's stats," he says. That kind of mind — accustomed to the nitty gritty of numbers, averages, trends — means that Cannici can connect across the decades to some game forgotten by many aside from those most directly involved. "I was always big on following the Valley. I always kept tabs on that. It didn't matter the sport. I was big on reading the paper all the time. I went to [Derby High] back in the '90s, so I kinda always followed every team to see what they were doing, who were the best

players," Cannici says.

Cannici started digitizing old Valley sports games, and particularly the Ansonia-Derby football rivalry games, for public-access television back in 2015, uploading the games to a YouTube channel and Facebook page. This would grow into an interview show on public-access television called *Hometown Heroes*, debuting in June 2015. When *Valley Independent Sentinel* Editor Eugene Driscoll put out feelers for a sports-related podcast, a friend of Cannici's recommended him. The first episode went out in July 2016, and Cannici has done dozens since then.

A 1997 graduate of the Connecticut School of Broadcasting, Cannici is a good interviewer, helping guests recall minutiae and subtle details of a two-decades-old sporting moment or season. The result is a fascinating podcast in which regular people, locals, transform into superheroes. Cannici says that one of the most memorable interviews he's ever done was with Mike Vacca, the 40-year Ansonia baseball coach who broke down in tears when discussing his teams. "That was a challenge that we were able to get through and it was a great interview. He was very honest about things," Cannici says. While he says it was a difficult interview, it is a testament to Cannici's skill as a historian and interviewer that he can bring these emotions out of the hometown heroes.

You can listen to the *Valley Sports Rewind* wherever you get your podcasts, or by going to valleynewhavenindependent.org. ■

**Step out in Style**

Canes and walking sticks handcrafted in New York

**The Bowerbird**  
Home of Impulsive Necessities™

**Come in and test drive one today!**

Old Lyme Marketplace • 860.434.3562 • [www.thebowerbird.com](http://www.thebowerbird.com)

HARVY

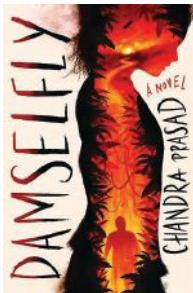
# | the reading room |

## DAMSELFLY

by Chandra Prasad  
Scholastic Press  
259 pages, 2018

The themes that often dominate young adult novels — friendship, coming to grips with the forces in the world that are much bigger than yourself, and finding out who you actually

are — are so elemental that they attract readers well outside the target demographic. From the opening pages of North Haven author Chandra Prasad's first YA novel, these themes are central. A prep school fencing team's plane has crashed on a remote island and the teenagers must band together and figure a way out. But there is something on the island. (The similarities to the TV show *Lost* are acknowledged.) How would teenagers organize themselves in the absence of adults? Read to find out. | MICHAEL LEE-MURPHY |

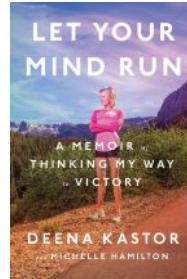


## LET YOUR MIND RUN: A MEMOIR OF THINKING MY WAY TO VICTORY

by Deena Kastor and Michelle Hamilton  
Crown Archetype  
304 pages, 2018

Mystic author and fitness and health journalist Michelle Hamilton helps tell marathon runner Deena Kastor's story in this inspiring new memoir. Kastor was gifted with many physical talents as a runner, but she credits her mental outlook with powering a career that

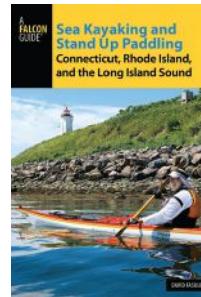
ultimately saw her become the first American woman to run under 2 hours, 20 minutes in the marathon, and the first American woman to earn an Olympic medal in the marathon in 20 years. Kastor, a successful youth runner, and Hamilton describe how the former's career almost ended as she grew older because her winning-centric mindset left her terrified of failure. In Colorado, under the tutelage of legendary running coach Joe Vigil, Kastor learned how to train her mind as well as her body. Ultimately she got faster; a lot faster. The book details the mental techniques she used to improve not just as an athlete but as a person. | ERIK OFGANG |



## SEA KAYAKING AND STAND UP PADDLING: CONNECTICUT, RHODE ISLAND, AND THE LONG ISLAND SOUND

by David Fasulo  
Falcon Guides  
237 pages, 2017

As the weather warms, thoughts tend to turn to outdoor activities after months of being cooped up indoors. Some of the most popular outdoor options in our corner of the country involve being on or in the water. Not only can everyone in Connecticut get to the ocean in under two hours by car (the good folks of Salisbury may need to step on it a bit), but once there they will find "some of the best paddling waters in the country" due to the natural protection from ocean swells provided by Long Island. For the beginners and outdoorsmen among us, Fasulo offers insight on equipment, etiquette and safety before breaking down every single town, west to east, that boasts coastline on the Atlantic. Loaded with maps, photos and suggestions, this may be the only guide you need for summer fun at the ocean. | MIKE WOLLSCHLAGER |



## CINEMARK. LUXURY LOUNGERS

ELECTRIC-POWERED WITH RECLINE BACKS & EXTENDABLE FOOTRESTS

OVERSIZE, PLUSH RECLINERS

ALL RESERVED SEATING

*The Best Seat In Town!*

CINEMARK.  
CENTURY THEATRES CinéArts Endemol Rave Cinemas

## ALL NEW LUXURY RECLINERS

## CINEMARK CONNECTICUT POST 14 AND IMAX

## SERVING BEER, WINE AND DRINKS AT THE BAR!

# stepping out

first | seen

1. Farmington Bank's West Hartford Center branch office hosted its sixth annual **WTIC Holiday Store** benefiting The Salvation Army on Dec. 20. From left, Salvation Army Major Roger E. Duperree Jr.; from Farmington Bank, board members John Green and Duby McDowell, Chairman, President and CEO John Patrick, and board members John Carson and Kevin Ray; and WTIC-AM morning host Ray Dunaway. (*photo courtesy of Farmington Bank*)
2. Artist and Trinity College alumna Deborah Buck (Class of '78) poses with her former mentor George Chaplin, the Charles S. Nutt professor of fine arts, emeritus, at the February opening of **INK: Recent Paintings by Deborah Buck**, an exhibition at Trinity's Widener Gallery. (*photo by Monica Jorge*)
3. In January, Norwalk's Stepping Stones Museum for Children presented the global humanitarian organization Save the Children's **Hurricane Maria Relief Fund** with a check for \$4,500, raised during the museum's Party for a Purpose event in November. The money will be used to help families in Puerto Rico who are still suffering from the storm's aftermath. From left, marketing director Meg Robustelli and events manager Lauren Bonefant from Stepping Stones; and Save the Children's director of national events and community engagement Allison Lardner and manager of community engagement and fundraising Courtney Niels. (*photo courtesy of Save the Children*)
4. St. Vincent's Foundation's Swim Across the Sound hosted its 13th annual **Sports Gala and Auction** at Anthony's Ocean View in New Haven. The February event was held to support first responders in Connecticut who are battling cancer. From left, Halloran & Sage attorney Fred Trotta, Rich Coppola of Fox 61, Lyn McCarthy and Dianne Auger of the St. Vincent's Medical Center Foundation, Halloran & Sage attorney Arnold Menchel and Mike Greenberg of ESPN. (*photo courtesy of Halloran & Sage*)
5. More than 1,000 people gathered on Martin Luther King Jr. Day at the Connecticut Convention Center to celebrate the 33rd annual **Martin Luther King Jr. Day Scholarship Breakfast** hosted by the Hartford Alumnae Chapter of Delta Sigma Theta Sorority and sponsored by United Technologies Corp. Proceeds from the event provide renewable college scholarships for African-American female high school seniors in the Greater Hartford area. Front row from left, Delta Sigma Theta Hartford Alumnae Chapter President Tekisha Dwan Everette, Scholarship Committee Chairperson Kenya Overton, keynote speaker Dr. Teresa Fry Brown, Delta Sigma Theta National First Vice President Cheryl Hickmon, and scholarship recipients Amina Lampkins and Shani Lagore. Back row from left, scholarship recipients Desarae Cotton, Frances-Julia Jaynes and K'ylah Flynn; and Ramona Blake, global diversity and inclusion director, United Technologies Corp. (*photo by John Marinelli*)
6. On Feb. 2, **Chapel Haven** cut the ribbon on its newly constructed welcome center, the first completed project in a \$36 million campus expansion. The New Haven residential school and independent living facility provides support for adults with cognitive disabilities. Front, from left, Chapel Haven parent and board member Harriet Schleifer, U.S. Sen. Richard Blumenthal, community member Andrew Auerbach, parent Diana Davis Spencer, New Haven Mayor Toni Harp and Chapel Haven President Michael Storz. (*photo by Chris Powell*)



1



2



3



4



5



6

Send your photos to [steppingout@connecticutmag.com](mailto:steppingout@connecticutmag.com)

# We ❤️ Great Eyewear

Eye Exams  
Contact Lenses  
Distinctive Eyewear  
and Sunglasses

We Welcome  
Most Insurances

[kennedyandperkins.com](http://kennedyandperkins.com)

Kennedy  Perkins  
Guilford • Old Saybrook • Orange Branford • Hamden • New Haven

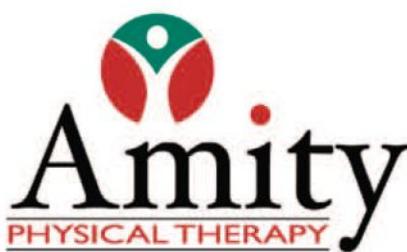
# “Bring Us Your Pain.”



Proud winners of “The Best of New Haven” Award, 2015, 2016, and 2017 for Physical Therapy ... We’re specialists in treating athletes, runners and active weekend warriors ... anyone with joint, muscle, neurological problems and post-surgical rehab needs. Acupuncture is also our specialty. Caring therapists treat patients in relaxed settings.



Call today for an evaluation.



Woodbridge  
203-389-4593

Hamden  
203-691-6248

Branford  
203-433-4683

[amitypt.com](http://amitypt.com)





# The Secret Gardener

**NEW DOCUMENTARY UNEARTHES THE LITTLE-KNOWN HISTORY OF PROLIFIC LANDSCAPE ARCHITECT BEATRIX FARRAND**

Documentary filmmaker Karyl Evans, who says she “wanted to give voice to women,” found a fitting person to focus on for her latest film, *The Life and Gardens of Beatrix Farrand*.

Although Farrand is not a household name, she was a pioneer in her profession, the most successful female landscape architect in early-20th-century America. Fortunately, some of Farrand’s work has survived and can still be seen in Connecticut, including at the Hill-Stead Museum in Farmington, Harkness Memorial State Park in Waterford and Yale University in New Haven.

Evans, who is based in North Haven, showed her film at the New Haven Museum in late March for an appreciative audience of about 125 people. The museum’s executive director, Margaret Anne Tockarszewsky, told the audience Evans visited more than 60 of Farrand’s gardens,

from Connecticut to Maine to California. Many of them appear in the film, which was three years in the making.

Evans began her talk by noting that when she makes a documentary (her previous films include *The New Haven Green: Heart of a City* and *History of African-Americans in Connecticut*), “I have no idea what I’m going to discover. You get to discover something that nobody knows.”

Evans, an avid gardener with a degree in horticulture, got the idea for the documentary in 2005 when she met Farrand scholar Diana Balmori at a New Haven Garden Club meeting. Balmori agreed to be interviewed for the film.

The 40-minute documentary follows Farrand’s remarkable life from her childhood in an elite neighborhood of New York to her world travels during which she observed hundreds of gardens, and her years



Beatrix Farrand, left, shares a moment at Three Rivers Farm in Bridgewater with Antoinette Peterson, right, wife of farm owner Dr. Frederick Peterson, and an unknown guest.

PHOTO COURTESY OF PROMISEK

living in Maine, New Haven and California.

Farrand was born in 1872, during an age in which women were not supposed to pursue professional careers. But she had lively role models; her aunt was the novelist Edith Wharton.

Farrand’s parents divorced when she was 10, but she was surrounded by the artistic friends of her mother, Mary Cadwalader Rawle. They spent summers at a house in Bar Harbor, Maine. Landscape historian Judith Tankard says in Evans’ film that the young girl there “fell in love with the beauty of the natural world. She dug up plants in the woods and re-planted them in the yard.”

When Farrand met Charles Sprague Sargent, director of Harvard’s Arnold Arboretum, he encouraged her to seek a career in the exclusively male world of landscape architecture. She studied with him at the arboretum.

In 1895 she hired tutors from Columbia University to learn civil engineering. Then she set up a studio in her mother’s house. She was 23.

But it was difficult for a woman to get clients. Famed public park designer Frederick Law Olmsted dismissively said Farrand was “inclined to dabble in landscape architecture.” She had to rely on her family’s connections in Maine to land her early work.

Evans says that Farrand’s talent helped her get commissions despite the sexism. “When you’re smart and really good at what you do, it carries a lot of respect.”

## A DAY IN DOWNTOWN SEYMOUR!



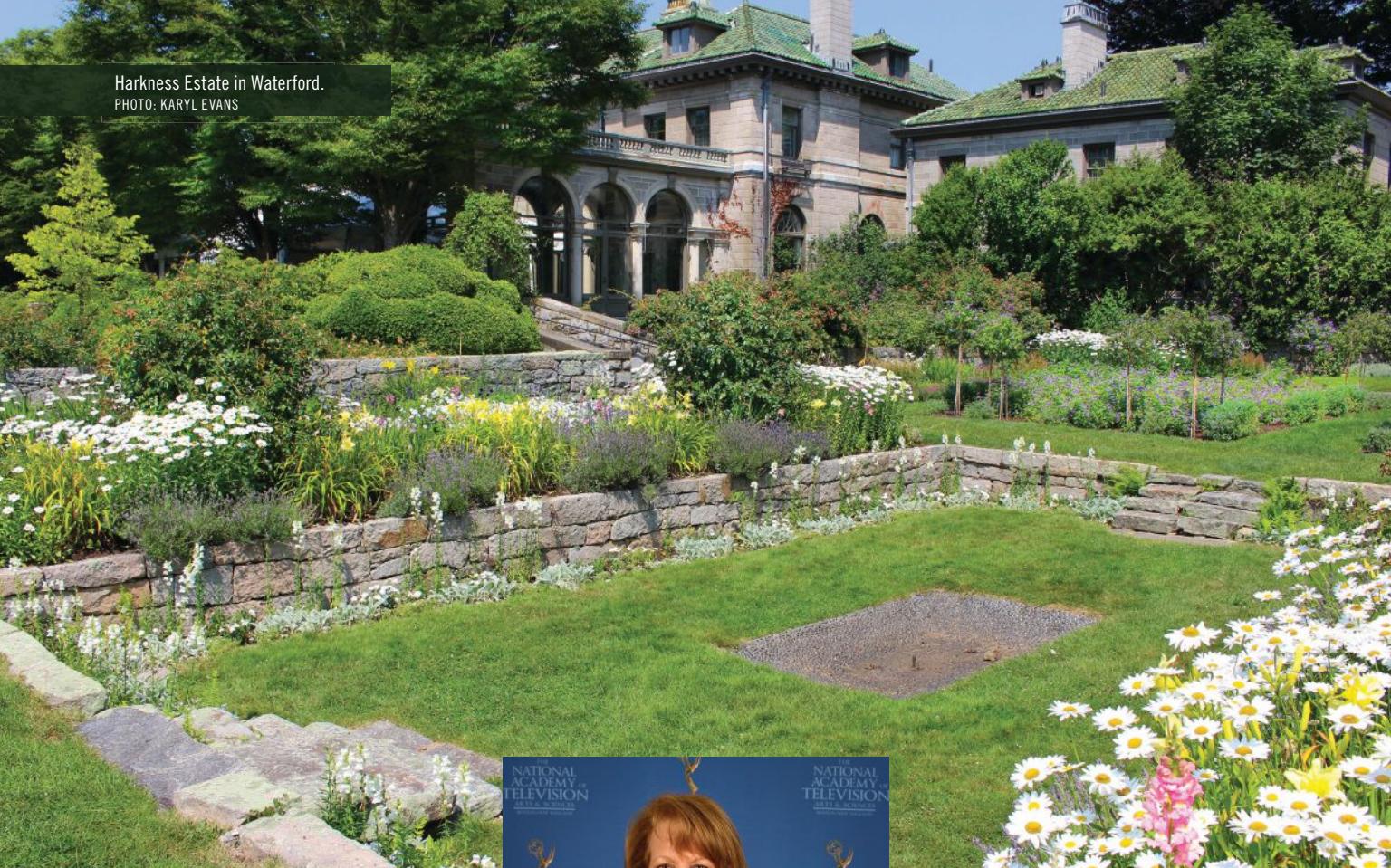
- Tickled Pink Gifts & Jewelry
- Lizzie's Corner Home Consignment & Gifts
- The Glass Source Stained Glass Studio & Gallery
- Genevieve A Salon & Boutique
- Wildflour Confections
- The Little Dog Laughed
- The Uncommon Peacock
- Keystone Associates Auction House
- Auctions held every Tuesday at 6:30pm
- Flashbacks and many more

It's the best kept secret in Connecticut! Come on down and shop, eat, relax, and discover the specialty stores, boutiques, antique shops, art galleries, and restaurants-all within walking distance. Find artwork, home décor, unique jewelry, antiques and collectibles and so many treasures made in CT for yourself - or for a perfect gift. Treat yourself to a great day in Historic Downtown Seymour!

**Every Wednesday  
10% Senior Discount**

\*Special events and late night shopping until 8 P.M. on the first Saturday of every month.  
Find us on Facebook & Instagram: Shops at Seymour

Harkness Estate in Waterford.  
PHOTO: KARYL EVANS



In the film, Evans acknowledges during her narration that Farrand's detractors called her "reserved, stern, a perfectionist." Asked about this after the film's showing, Evans says, "She probably was a perfectionist. But when you read her letters, you see she was meticulously polite. There was never a cross word. There were plenty of negative things said about her but she was always above it."

Farrand's growing reputation enabled her to obtain work designing the outdoor spaces at Princeton University. While there she met Woodrow Wilson and his first wife, Ellen Axson Wilson. After her husband became president, she hired Farrand to design the White House's East Colonial Garden (now the Jacqueline Kennedy Garden). She also designed the West Garden, which is now the White House Rose Garden.

In 1913, at the age of 41, she married Max Farrand, chairman of the Yale History Department, and moved to New Haven. From 1922 to 1945 she was the landscape consultant for Yale University.

In the film, Balmori says Farrand designed 75 percent of Yale's campus during that period. Her work could be seen at the Yale Law School, Yale's Old Campus courtyard, the Yale Divinity School, the garden of the university president, the Yale School of Medicine and at many of the gorgeous courtyards of the residential colleges.

Farrand also designed a 7-acre expanse



at Yale's Marsh Botanical Gardens. Many thousands of people came every year to admire her work there.

But when Evans is asked what remains of Farrand's achievements at Yale, she replies, "It's almost all gone. And there's almost nothing of it left at Marsh. You can see the moats she created around the residential colleges if you walk down the sidewalks of Elm Street."

During the public-question session at the museum, Evans remarked that there appears to be no acknowledgment, no signposts of Farrand's contributions, anywhere on the Yale campus. "It would be nice somehow for this woman to be commemorated in some way. I hope something is done." She thinks her film might help make this happen.

The latter part of the documentary

Karyl Evans wins the "Outstanding Director" Emmy Award in 2016.

PHOTO: NATIONAL ACADEMY OF TELEVISION ARTS AND SCIENCES

recounts Farrand's difficult transition in California after her husband was named director of the Huntington Library there. Often she took trains across the country to get back to her work. When he retired they returned to Maine, where she continued her projects.

Here in Connecticut we can see Farrand's work at Harkness Memorial State Park and at the Hill-Stead Museum, with its sunken garden.

"Harkness is the most spectacular," Evans says. "It has the largest garden she ever created in Connecticut. It's breathtaking and overlooks Long Island Sound."

But Evans adds, "So few people know about her. She's almost lost to time." Evans believes that in part through her filmmaking, "People are beginning to recognize her again."

Evans' film is scheduled to be screened three times in early May, in New York City, Bristol, Rhode Island, and at the Branford Fire Department on May 3 at 1 p.m. For more information on future screenings or to purchase the DVD (\$25), go to [beatrixfarranddocumentary.com](http://beatrixfarranddocumentary.com).

---

*Randall Beach is the longtime columnist for the New Haven Register, where his column appears Fridays and Sundays.*

# |community|

BY MICHAEL LEE-MURPHY

**Right:** Lisa DeMatteis-Lepore, CEO of The Connection

**Far right:** Middletown native and NASCAR driver Joey Logano is a supporter of The Connection through his foundation. The organization's logo is visible on the back bumper of his car.



## Making Us Whole

WITH STATEWIDE SERVICES FROM ADDICTION TO CHILD CARE,  
**THE CONNECTION** FOCUSES ON HEALING THE WOUNDS OF TRAUMA

What does it require for a social services agency to treat a whole person, not just a specific problem within their life? How does an agency assess the fullness of one's circumstance, in all of the complications and difficulties that a life entails? At The Connection, a sprawling network of services headquartered in Middletown, the answer involves recognizing the "golden thread" that runs through all of the work the agency does.

After starting as a shelter for substance-abusing men on Crescent Street in downtown Middletown in 1972, The Connection has expanded into programs for outpatients, women, people living with mental illness, people coming out of incarceration, and for youth, covering areas of housing, addiction, child care and so on. In all, The Connection operates some 42 different programs across the state, with 535 staff, serving 6,000 clients a month, with full waiting lists.

The thread that runs through all the programs, the unifying theme, is trauma. Children in and out of the foster care system, women wrestling with the state Department of Children and Families to maintain custody of their children, addicts trying to get clean, and people coming out of the prison system: everyone who finds themselves interacting with The Connection has experienced some form of trauma related to their struggles.

The holistic way in which The Connection goes about its work means that it places a focus on the family as a whole. The real work, says The Connection CEO Lisa DeMatteis-Lepore, starts when a woman is getting her child back from foster care. "You need wraparound services and safe housing," she says. "You can't have one without the other."

What started as a \$250,000 program serving 60 families has now grown into a \$17 million program serving more than 500 families with 400 people on a waiting list, DeMatteis-Lepore says, making The Connection one of the largest DCF-funded agencies in the state. Five years ago, The Connection's Supportive Housing for Families program attracted the attention of the federal Administration for Children and Families, awarding The Connection a five-year, \$5 million grant for an Intensive Supportive Housing for Families program. The grant, says The Connection's chief program officer, Kathy Savino, is designed to study the effectiveness of an approach pioneered in Connecticut, where the state "child welfare agency [is] working with a nonprofit agency to provide services for reunification and preservation of very high-risk families who are facing homelessness or housing instability." The Connection was one of five awardees nationally,

and the results of the study are expected to be published this summer or fall.

Each of the 42 programs operated by The Connection falls into one of three broad categories: family support services, community justice and behavioral health. While the DCF-funded programs naturally fall under the heading of family support services, The Connection operates a network of community organizations focused on helping people coming out of the prison system adjust to life on the outside.

During the recent drama at the state legislature in Hartford, where the state didn't have a budget for some six months, The Connection stayed relatively insulated from the uncertainty, though it was still a nervous time. While nonprofits and social service agencies across the state had to trim back services and furlough workers, The Connection was fortunate enough to have its funding spread out across a number of different state agencies, according to Beth Connor, the organization's chief strategy officer. "Any cuts that we sustained we were able to mitigate because we had other funding sources, and in fact some of our services grew during this time," Connor says. "Sometimes what's happening without state funding agencies — the closure of prisons through [the Department of Corrections] — became an opportunity for us to open more halfway-house beds because we provide services at a lesser cost."

In some ways, DeMatteis-Lepore says, the treatment of trauma has gotten easier in recent years because of the society-wide shift in attitudes toward speaking about trauma. From the #MeToo movement that loudly confronts sexual abuse and misconduct to the spread of opioid addiction, a dam of silence is breaking.

Whereas the rule has been, "Oh, you don't talk about that; it means you're bad, you caused it, it's your fault," DeMatteis-Lepore says, "I think there is some shift in coming forward."

The extensive nature of support services offered by The Connection has caught the notice of Middletown's hometown hero, NASCAR driver Joey Logano, who gives some of his winnings to The Connection through his Joey Logano Foundation. He even has the organization's logo on the back bumper of his car.

To get involved or to learn more, go to [theconnectioninc.org](http://theconnectioninc.org), where you can donate or listen to The Connection's podcast, which is also broadcast on WTIC NewsTalk 1080.

If you have an organization with an event that you'd like us to consider for the Community page, please send the details to [mmurphy@connecticutmag.com](mailto:mmurphy@connecticutmag.com).



## We know you want the best for your teen. So do we.

What changes do you want to see in your child's life so you can trust that they're on the right path? All of us at Newport Academy have been in your shoes, and we found the path to healing. Call us. Let's eliminate your fears and change your child's life for the better, starting now.



**LEARN MORE** Call 877-892-0482 or visit [newportacademy.com](http://newportacademy.com)

MENTAL HEALTH ◊ EATING DISORDERS ◊ SUBSTANCE ABUSE

Female & Male Residential, Outpatient, and Day Schools Offered



## NEW TECHNOLOGY FOR REVERSING HERNIATED AND BULGING DISCS WITHOUT DANGEROUS AND DESTRUCTIVE EPIDURAL INJECTIONS, MEDICATIONS AND SURGERY!

[newenglandspineanddisc.com](http://newenglandspineanddisc.com)

### INTRODUCING Dr. Richard Carpenos, DC

Are you in pain? Have you tried everything to alleviate your pain without success? Are you contemplating surgery? Tried injections? Had surgery and are still in pain? In many cases, the operations are necessary for proper health and recovery from an injury. However, we have seen hundreds of patients who received operations they did not need and are still in ridiculous pain. NE Spine & Disc Healing Protocol is both high-tech and non-force, and most important, proven to be a safe and effective alternative to surgery. You will see we have the best therapeutic modality for advanced pain relief and expedited healing times! Our **LiteCure® Laser** delivers soothing, deep, penetrating, photonic energy to bring about profound physare blocked and the damaged tissues begin the physiological process of repair 3-5 times faster than normal. This all occurs as the essential healing factors are brought in and the non-essential wastes are removed, with increased circulation at the site of injury. These therapeutic enhancements of the cellular chemistry are triggered by our **LiteCure® Laser**, making it a truly profound healing modality and experience!

### Surgeon has PERSONAL Experience!

Dr. Robert Morrow, a well-known, trusted orthopedic surgeon who had completed over 15,000 surgeries, said "I was suffering from shoulder pain for 6 months straight with no relief. I heard about laser treatment and after seeing and hearing many of my patient's stories, I did more research on the topic and found that the doctors and staff now using these **LiteCure® Lasers** people who think that surgery is their only option. I went to get treated and was amazed that it took away all of my pain. After 6 months of misery, I was relieved and I am now **Pain Free!** I know that orthopedic surgeons don't always fully understand the available alternatives to surgery and, as a result, many patients are sent through long, painful and costly procedures. There are many of you who have been through the process of using prescription medications and injections... with little or no relief. Physicians who recommend drugs are limited by their options, for treatment, so they continue to prescribe medications. I have found that this NE Spine and Disc Healing Protocol very effective at treating patients that have not responded to other procedures, even those who have already tried surgery. I concluded, to give patients the best possible care, there needs to be referrals provided to chronic pain patients so they can receive these unique therapies."

\*To everyone whose condition warrants this treatment.

\*\*While these results are typical individual results may vary.

**391 Boston Post Rd.  
Orange, CT 06477 • 203-799-3472**

### ADVANCED TOOLS for diagnosing and providing the best pain relief possible!

Patients cannot get a more complete exam for this treatment than that provided at NE Spine and Disc. We are toolled with advanced diagnostic and care protocols, for the use of spinal decompression and deep tissue laser technologies that are the most advanced pain-relieving options in the market. We are toolled to provide you care that is breaking through the barriers of traditional medical and chiropractic. Don't undergo painful, costly, needless surgery that often can be avoided.

**CALL NOW!  
1-800-PAIN-FREE  
203-799-DISC (3472)**

**2 Free Visits\***

### TESTIMONIALS of SMALL MIRACLES

**Adele, Age 75** "For many years, I have suffered from lower back pain and pain radiating down both of my legs to my feet from an accident. Every time I exercised or moved just the wrong way I'd have pain that would last for a long time. I couldn't even roll out of bed without extreme pain. After the third visit all of my pain was gone. It was my own little miracle. I was very impressed by the care but also by the fact that the doctors were knowledgeable and very personable. The staff was friendly and helpful and I would recommend their treatment to everyone with neck or back pain."

**Jack, Age 37** "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

**Duane, Age 77** "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you experience incredible Deep-Tissue Laser Therapy".

THE SHORT LIST | SASHEER ZAMATA

# this month

BY MICHAEL LEE-MURPHY

MAY 2018

KIDS AT THE THEATER | BACKSTAGE

## SEX BOMB

**Tom Jones** has had a strange staying power over the years, managing to attract new generations of fans with every phoenix-like rebirth and reinvention. Those young women who watched the Welsh crooner in Las Vegas in the late 1960s now have granddaughters who know Jones from his run on *The Voice UK*. Catch him in his natural habitat — the casino, specifically Foxwoods — on May 5.

---

**TOM JONES**

MAY 5 | 8 p.m.

GRAND THEATER | FOXWOODS

*Tickets: \$65-\$105*  
800-200-2882, foxwoods.com

---

# |this month| the short list



BRIAN A. POUNDS

## CELEBRATING CULTURE

Those who live in the Quiet Corner know Putnam is the place to be for a bit of excitement on a weekend. The town is continuing its **First Fridays** event series, which will run through the fall, and is branded as Mill Town Mosaics: Cultural Heritage of the Quiet Corner in Northeast Connecticut. Each First Friday event will celebrate the cultural heritage of a particular group of people who have settled in the Quiet Corner. The May 4 event will celebrate the Polish-American community, with food, music and art. [discoverputnam.com](http://discoverputnam.com)

## ► RENAISSANCE KIDS

The Wadsworth Atheneum is home to one of the most impressive collections of art in the state. This month, however, the Hartford museum's walls will display the art of an altogether different cohort of artists: Hartford public school students from kindergarten through 12th grade for the **Hartford Youth Art Renaissance**. This is the 45th anniversary of the event, which runs through May 27. Admission is free for Hartford residents, \$15 for adults otherwise. [thewadsworth.org](http://thewadsworth.org)



PHOTO: DEFINING STUDIOS, COURTESY WADSWORTH ATHENEUM

**See May 2018 calendar listings at [connecticutmag.com/calendar](http://connecticutmag.com/calendar)**



## ► PETS ON PARADE

Two words that bring joy to almost everyone are "pet" and "parade." For 82 years, Winsted has been hosting its annual **Pet Parade**, featuring our four-legged friends. Children from Winsted and neighboring towns are invited to join the parade, which is one of the longest-running of its kind in the country. Organized by the Torrington-Winsted Rotary Club, it kicks off at 2 p.m. on May 19. [townofwinchester.org](http://townofwinchester.org)

## CRUISIN' WITH MOM

What could make for a better Mother's Day than a trip up the mighty Connecticut River, with the budding trees on the shoreline heralding the coming of spring and the glory of mothers everywhere? Hosted by Lady Katharine Cruises, the **Mother's Day cruises** depart from Eagle Landing State Park on Bridge Street in Haddam on May 13. The brunch cruise boards at 10:30 a.m. and the dinner cruise at 3:30 p.m. Tickets are \$54.45. Children under 4 are free. Another option, minus the meal, is RiverQuest's three Mother's Day cruises — 11:30 a.m., 1:30 and 3:30 p.m. — which also depart from the state park and are \$20 for adults (\$10 for moms) and \$15 for kids. [ladykatecruises.com](http://ladykatecruises.com), [ctriverexpeditions.org](http://ctriverexpeditions.org)

## ► HONORING THE FALLEN

Who doesn't love a **Memorial Day parade**? It feels like everyone in town is there, either in the parade or on the sidewalk watching it. In honor of our special issue celebrating the Lower Naugatuck Valley, here's our list of Memorial Day parades:

**Seymour** on May 27 at 11 a.m., starting at French Memorial Park and ending at the Seymour Community Center.

**Ansonia** on May 27 at 2 p.m., starting at Nolan Field and ending at the Big Y shopping center downtown.

**Derby-Shelton** on May 28 at 9 a.m., starting at Howe and Wharf streets in Shelton and ending at Cottage and Elizabeth streets in Derby.

**Naugatuck** on May 28 at 9:15 a.m., starting in the Union City section of the borough and ending on the Green.

# | this month | front row

Known for her stint on *Saturday Night Live*, **Sasheer Zamata** released a critically acclaimed one-hour stand-up set in 2017, *Pizza Mind*. On May 4, she comes to the Ridgefield Playhouse with the Upright Citizens Brigade, the legendary comedy improv troupe.

**Your appearance with the Upright Citizens Brigade is something of a return to the world of improv for you after a big year for your stand-up. Is there one medium you prefer over the other?**

I like both. I like being able to create something with other people when it comes to improv, and being able to kind of use whatever tools we have in our brains to make something new. That's really fun and exciting to me. It feels like falling on stage in front of people, which seems pretty scary to other people but I really like it. With stand-up I love it because I can go everywhere and do it. I can just stand in front of people and talk and be able to share my ideas and my opinions, and this immediate connection with the crowd is kind of unparalleled.



**Tell me about your background in improv. How did you get into it in the first place?**  
I was a fan of improv. I watched *Whose Line is it Anyway?* a lot. And when I was living in Indianapolis before I moved to Virginia [to attend the University of Virginia] I was a fan of improv there, too. My volleyball coach would take the team to this thing called ComedySportz, which was like a competitive short-form improv group. I was really excited about it and wanted to try it. When I went to college at UVA, I was doing musicals and plays, and I had directors who suggested that I should audition for the improv group. I didn't make it, but then I started my own group. It's still there; there are now two [improv groups at UVA]. It was a really fun experience. And funny enough, the UCB touring company came to my school when I was a senior there, and I saw the performance and I was so amazed and enamored with what was happening on stage, and I was like, "Oh man, I think I should go wherever they came from." There was a Q-and-A with the performers from the school and the

performers from UCB.

Somebody asked, "How do you get a career in comedy?"

And Bobby Moynihan, who happened to be on the UCB touring company at the time, pre-SNL, said,

"You move to New York, work really hard, and go to UCB." I did that the next year. I moved to New York and started to take classes at UCB and was working very hard.

I like to be able to have a foot in what's happening at UCB, because I've gotten so much from them throughout my whole comedy career.

**You're the "celebrity ambassador" with the American Civil Liberties Union's Women's Rights Project. How did that relationship come about?**

The ACLU actually reached out to me years ago in, I believe, 2016. They just said that they've seen my work, as far as the comedy that I do, and they think that a lot of my ideas and opinions align with the work they are doing. I agreed. I took it as a huge compliment that they think I'm a good representation of the work that they're doing. So I stepped in. Basically I'm a mouthpiece for what they're doing. So, any way I can amplify a message that they want to get out or a call to action that they want to promote, I'll be there. I've written essays, I've written sketches for them. I'll show up to events and be a mouthpiece for them. The role is growing as the years go by, and I'm excited to see where it will go in the future, too, but I'm proud

to be able to help such a cool organization that is, I think, very necessary right now, and doing a lot of good work from the ground up.

**In what ways has the work changed over the years? Do the stakes feel higher now than when you started with the ACLU?**

I think there are different priorities. I think things have shifted a bit because there is a very intense attack happening when it comes to reproductive rights and sexual health and access to those things. So, a lot of effort is being put in that direction: being able to make it possible for women in different states — ideally in all states — to be able to access the resources that they need. There are so many laws and restrictions being created to make that impossible for people. A lot of efforts that were happening in 2016 have now intensified because the immediacy and the threats have gotten so dire. When things change within the system and within the government, and when administrations are creating new ways to take rights away from women, that's where the focus will shift to when it comes to work the ACLU is doing.

— MICHAEL LEE-MURPHY |

## SASHEER ZAMATA WITH THE UPRIGHT CITIZENS BRIGADE

MAY 4 | 8 p.m.

RIDGEFIELD PLAYHOUSE | RIDGEFIELD

*Tickets: \$37.50*

203-438-5795, ridgefieldplayhouse.com



Photo iStock

**At The Community Foundation,  
we help donors and their  
advisors maximize charitable  
giving to their favorite causes.  
(We think that's something to smile about too!)**

Ask our staff about donor advised funds  
and other flexible tools that support  
charitable giving and tax-wise planning.

Call us at 203-777-7071 or  
visit [cfgnh.org/daf](http://cfgnh.org/daf)



The **COMMUNITY** Foundation for Greater New Haven  
**NOW MORE THAN EVER**

Imagine.

Inform.

Invest.

Inspire.

# Child's Play

TAKING THE KIDS TO THE THEATER?  
READ THIS FIRST. | BY FRANK RIZZO

Broadway has embraced family audiences in a big way this season, and parents wanting to introduce their children to the wonders of the stage now have a full menu of choices that will engage not only youngsters, but themselves.

Kids (and adults) are burning up social media over Disney's musical stage adaptation of its hit film *Frozen* as well as the stage version of the London smash play *Harry Potter and the Cursed Child*, both of which are now playing on Broadway.

Then there's the new musical *SpongeBob SquarePants*, which got glowing reviews, even from kid-free critics, after its premiere late last year.

Long-running shows still packing them in that slightly older kids can identify with include *School of Rock*, *Wicked* and *Anastasia*.

Over the years, parents have often asked me what's the best age to introduce children to professional theater. The answer is perhaps an unsatisfying one: "It depends."

It depends on how well your child can sit quietly in a public setting. (I call it "the wiggly factor.") It depends on the nature of the show you're considering. But, most significantly, it depends on how well you prepare them for the show in order to make the often-pricy event a memorable experience.

As a rule, youngsters under 6 are not likely to appreciate the investment of the cost of a Broadway ticket. For these kids, however, local and touring children's theater designed for short attention spans is a way to ease them into the communal stage experience.

After this age group, you can begin to test the waters, but be sure that it's a work that they have already connected with on film, TV, recordings and/or books. *The Lion King* is the gold standard, not just because it's based on a familiar animated film but because its focus is on wondrous theatrical stagecraft in its storytelling that stretches the imagination.

Another sure winner is *Peter Pan*. (But variations of the story such as *Peter and the Starcatcher* and *Finding Neverland* call for a slightly older-kid demographic.) *Beauty and the Beast* is another go-to. Who doesn't like singing spatulas, a sassy candelabra and a scary-but-sweet beast?

Charles Dickens' holiday perennial *A Christmas Carol* is not only



A musical show like the new production *SpongeBob SquarePants* can be a great way to introduce young children to live theater, but it's important to help them understand what to expect before the show starts. PHOTO: JOAN MARCUS

entertaining and relatable but has some moral weight, too. Hartford Stage has presented Michael Wilson's lively adaptation for 20 years and it has become not only a great gateway show, but a wonderful family tradition during the holiday season.

But always keep in mind the running time. The longer the show, the older the child should be.

Also avoid special children's matinees. Kids take their cues from others in the audience, so it's best to have them model their behavior on an audience that includes mostly adults.

But the nature of the show and the type of audience are not the only factors. It's about you, too.

"I think preparing the kids for what they are about to see is most important," says Henry Hodges, whose career I followed since he was a kid actor in Hartford Stage's productions of *To Kill a Mockingbird* and *The Orphans' Home Cycle* and in Broadway's *Mary Poppins*. He's now 25 and a few years back co-wrote the book *How to Act Like a Kid: Backstage Secrets of a Young Performer*, which includes tips on taking kids to the theater.

I've taken some of Hodges' thoughts and those of Connecticut theater folks and included some of my own for these theater tips for parents who wish to include the arts in their child's often sports-driven life.

- Go over the story of the show with your children *before* you see the show. Answer questions about the characters

and plot at home — not in the middle of a show. (Those sitting around you will be ever so grateful.)



## COME FOR THE JAZZ, STAY FOR THE NIGHT

With our **AWARD WINNING  
JAZZ SHOWS & LUXURIOUS  
GUEST ROOMS**, our cozy  
New England Inn is an  
**UNFORGETTABLE ESCAPE!**

CALL TODAY AND ASK ABOUT OUR SPECIALS!



85 Lyme St  
Old Lyme, CT  
860.434.2600

[www.oldlymeinn.com](http://www.oldlymeinn.com)



## Experience Expert Memory Care

Learn about our Mind & Memory support groups, memory screenings, and Dementia Live® experiences.

**Mind & Memory**  
A BENCHMARK APPROACH

Call us today  
**860.344.8788**

 **The Village**  
AT SOUTH FARMS  
A Benchmark Senior Living Community

645 Saybrook Road,  
Middletown, CT  
[VillageAtSouthfarms.com](http://VillageAtSouthfarms.com)



- Go to the show's website and show your kids clips from the show, which will give them a taste of what they will see, as well as to see if your child is responsive to the material or drifts away instead.
- Get to the theater a bit early to reduce stress. Get a booster seat before the show begins. (Remember, your sight lines are not your child's.)
- Buy a souvenir at intermission or after the show. A keepsake will be a way to anchor the memory — and have something your child can share with their friends.
- Consider going to the stage door to see the actors as they exit, to thank them and perhaps get their autograph. Many actors love to see the effect their performance has had on a child, and the in-person connection will fortify the experience. (It's going to be a long wait out of the parking lot, anyway.)

And what shows in the state are right for kids now? Surprisingly, Connecticut's Tony Award-winning theaters this season have mostly adult-content shows. However, though Goodspeed Musicals' *Oklahoma* and its dancing cowboys certainly had appeal to youngsters last season, I would urge parents to take their children to see *Oliver!* starting in July. It's definitely a winner for kids and it was one of the first shows I saw as a child. I still have the program. ■

## THE CONNECTICUT LONG TERM CARE OMBUDSMAN PROGRAM



# Celebrates

National Skilled Nursing Care  
Week - May 13-19, 2018

The Long-Term Care Ombudsman Program honors the residents of Connecticut's skilled nursing facilities and pays tribute to the staff that provide their care.

Skilled nursing care centers create a unique spirit and community for residents and staff alike. This year's theme, "Celebrating Life's Stories", focuses on interactions, events, and experiences that highlight the different perspectives of residents, families, staff, and volunteers in long term care facilities.



The Long-Term Care Ombudsman Program promotes and protects quality of life and care for skilled nursing home, residential care home and assisted living residents.

**Toll Free 1-866-388-1888**





# Return of the Masked Man



From left, Mary Michael Patterson ("Meg Giry"), Meghan Picerno ("Christine Daaé"), Karen Mason ("Madame Giry"), and Sean Thompson ("Raoul, Vicomte de Chagny") star in *Love Never Dies*.

PHOTO: JOAN MARCUS

**Mary Michael Patterson** was just born when *The Phantom of the Opera* opened on Broadway 30 years ago. Now the actress is touring in the show's sequel, *Love Never Dies*, which plays Hartford's Bushnell May 29 to June 3.

"It's a standalone piece," says Patterson, who has played Christine in previous *Phantom* productions and the new character of Meg in this one. "If you haven't seen *Phantom* you can still enjoy yourself and enjoy the story — though I don't know many people who haven't seen it at this point."

"The first *Phantom* is the romantic, new, youthful love," says Patterson, who says she saw the original touring production in Fort Worth, Texas, when she was a 9-year-old girl. "This version looks at the other end of love, which is more mature, and even tragic and heartbreakin. I think it's a more sophisticated and nuanced look at love and audiences respond to it."

And how are the chandeliers holding up? This Coney Island-set show has elements that are a little bit frightening "but the world we set up is a little bit creepy rather than scary." But, she says, the ending still gets an audible gasp — though in an entirely different way, she says. (Spoiler alert: Someone dies. Ah, but who?)

bushnell.org



**Rahul S. Anand, MD**  
Pain Specialist  
Anesthesiologist  
Acupuncturist



At Connecticut Pain and Wellness Center, it is our philosophy to provide the safest, most advanced, and effective treatments available. We offer a variety of multi-modal therapies for acute and chronic pain, including: Epidural Steroid Injections, Facet & RFA procedures, Botulinum Toxin Therapy, and Medical Acupuncture. It is our goal for our patients to achieve a happier, healthier, and more productive life. "All you have to lose is the pain."

Fairfield Medical Center  
52 Beach Road - Suite 204  
Fairfield, CT 06824

Satellite Office:  
300 Seymour Avenue - Suite 105  
Derby, CT 06418

**[www.connecticotpainandwellness.com](http://www.connecticotpainandwellness.com)**  
**Phone: 203-319-9355 | Fax: 203-292-3434**

## ► A MOTOWN MOMENT

Talk about theater vérité.

The single-monikered

**Trenyce** was auditioning last year in front of Berry Gordy for the role of Diana Ross for the touring production of *Motown the Musical*, which plays Waterbury's Palace Theater May 11-13.

"And Mr. Gordy stepped into the scene — as the character based on himself," says the native of Memphis, Tennessee, and a finalist on *American Idol*'s second season. "He told me he wanted me [as Diana] to really fight him in the scene, adding, 'And this is when I found out I was in love with her. It was her telling me "no" and the way she told it.' We did that scene several different ways until he felt it was that magnetic moment that he could go back in his mind and say, 'Yes, that's the way it happened.' It's so beautiful to have him be a part of the production because it makes everything more honest."

Trenyce says she and Ross are alike



Kenneth Mosley as Berry Gordy and Trenyce as Diana Ross in *Motown the Musical*. PHOTO: JOAN MARCUS

in that they are both inspired by their audiences. "One of the most famous moments was when she did her concert in Central Park, and as it rained and rained

she continued to sing. From that moment she had a fan base that was not going to go anywhere because she didn't go anywhere."

[palacetheaterct.org](http://palacetheaterct.org)

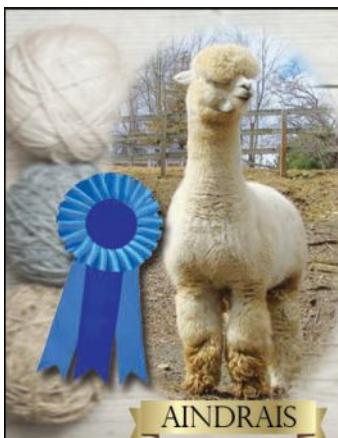
## BUT WHERE AM I?

**Brian Hill** was just "barely" old enough to remember the 1969 moon landing. That "giant leap" moment motivates the late-middle-aged housewife in the new musical *You Are Here* to reassess her life in dramatic ways. The show, based on Hill's book, is receiving a "developmental production" (meaning not a premiere and still not ready for critics) at Goodspeed Musicals' Norma Terris Theatre in Chester May 18 to June 10.

"When we were looking to give her a reason to walk out on her life, we wanted to put her in a world where change was happening all around her," Hill says. "In 1969, music was different. The feminist movement was on the rise. And on top of that, men left the stability of the Earth and flew out into space and to the moon. If any trigger would push this woman out the door, that would be it."

Also in development for Hill and his partner, composer-lyricist **Neil Bartram**, who collaborated on the Broadway musical *The Story of Our Life* (which began at the Chester theater): new musicals based on the film and novel *Bedknobs and Broomsticks* (slated for 2019 in Chicago), the sci-fi book *Something Wicked This Way Comes* and the film *October Sky*.

[goodspeed.org](http://goodspeed.org)



AINDRAIS

recently won his  
8th Blue Ribbon for fleece!

## Alpaca Fiber has been called *"the fiber of the Gods"*

**45 Alpacas** - superior genetics,  
incredible alpaca yarn  
**Pet and Show Quality Alpacas**  
**20 Years Experience**  
**Raising Alpacas**

# Southwind Farms

**223 Morris Town Line Highway, Watertown, CT**

(off Rte. 63, 4.5 mi. north of Watertown Ctr.)

Call **860.274.9001** for a tour or visit our website for events:  
[southwindfarms.com](http://southwindfarms.com)

## ►THE RAINBOW COALITION

For **Randy Rainbow** (yes, that's his real name), it was perhaps the ultimate gay-theater-fan moment. His new BFF, composer Stephen Sondheim, asked Rainbow to join him to see a performance by Bernadette Peters in *Hello, Dolly!* And when they went backstage after the recent show, she burst out in song with one of Rainbow's musical parodies.

"It's beyond my wildest dreams," the actor-singer-writer and internet sensation says of the episode. "If my 16-year-old self could see this, he would just die."

Rainbow's quick-witted parodies have entertained thousands over the past few years. But his popularity went through the roof when he turned political with such DIY-pieces directed at President Trump and his cohorts. They include the twist on the *Book of Mormon* song, now re-titled "You're Making Things Up Again, Donald," his *Wicked* re-think "Unpopular" and his clever spin on a *Fiddler* tune, "Fact Checker, Fact Checker."

His video-making is "an isolating creative process because it's really just you in your studio apartment in Queens," says Rainbow, 36, who will be bringing his live show to the Ridgefield Playhouse May 19. "So to be in a room filled with people who know who I am and know the lyrics to my



songs now is so great — and so bizarre."

Things also look less lonely, too, with new pals Steve, Bernadette and Rosie (O'Donnell), whom Rainbow is working with on a new project.

"I am interacting with these idols of mine that I grew up with, and now get to call them friends," he says. "That to me is the most exciting thing."

[ridgefieldplayhouse.com](http://ridgefieldplayhouse.com)

## GUITARFIXER BOB

### 35+ YEARS REPAIR EXPERIENCE

(All repairs done on premises by Bob)



### Vintage, New, Used Guitars, Parts & Accessories

**1 Minute Off Route 8!  
Under Strand Theater marquee**

167 Main St., Seymour  
**203-881-0077 or 203-927-9975**  
[guitarfixerbob@hotmail.com](mailto:guitarfixerbob@hotmail.com)

**[www.guitarfixerbob.com](http://www.guitarfixerbob.com)**

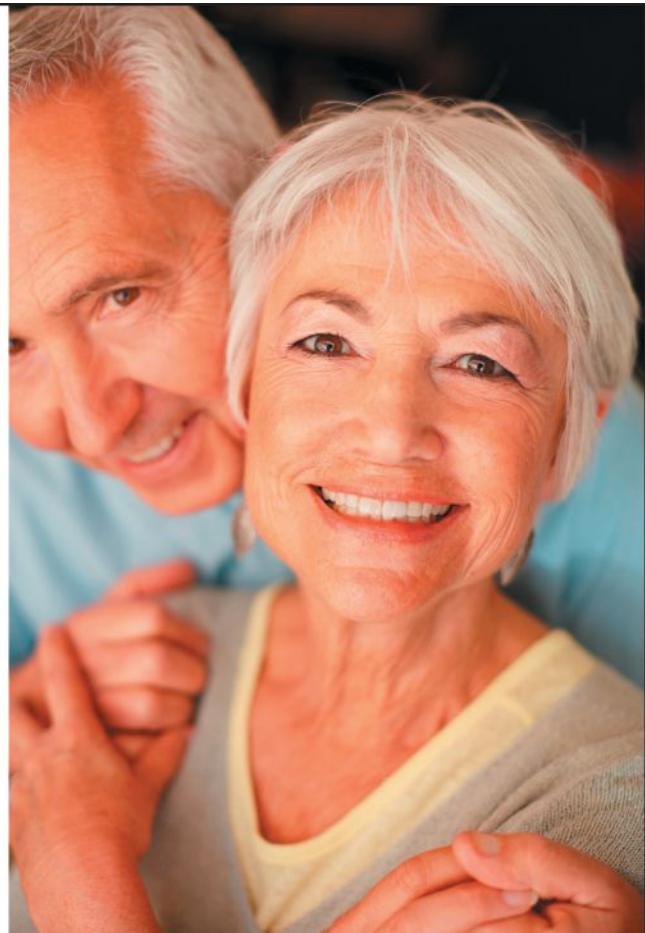
# Declare your independence.

Set your own pace—whether you're retired or working—and enjoy all the amenities and services you could ever want. And if the time ever comes when you need assistance with daily living, levels of care are available right on campus.

Call 860-380-5006 to schedule your complimentary lunch and tour.

**Duncaster**  
Boutique Community Living

Duncaster.org | 40 Loeffler Road, Bloomfield, CT



# **Sober Solutions of Norwalk, LLC**

## **203.307.0601**



**Robert E. Sterling  
MD, DABAM  
Addiction Specialist in  
Norwalk, CT**

**120 East Avenue, Suite 1 E, Norwalk, CT 06851**  
[www.sobersolutionsofnorwalk.com](http://www.sobersolutionsofnorwalk.com)

Sober Solutions of Norwalk is the Addiction Specialty practice of Dr. Robert E. Sterling in Norwalk, CT.

Dr. Sterling has been practicing medicine for thirty years. As an Addiction Medicine specialist, Dr. Sterling offers an empathetic and knowledgeable approach to his patients. He believes addiction is not just a disease of substance use, but also the result of learned behaviors. Because substance use is paired with environmental exposures, recovery requires understanding one's continued exposure to these stimuli.

Treatment is focused not only on the drug of use, but also on the environment in which use formerly took place.

Therapy includes a combination of Medically Assisted Treatment (MAT) and psychosocial re-education.

Treatment is available by appointment only.

## **RETURNING TO INTENSITY**

Westport Country Playhouse's *The Invisible Hand*, about an investment banker being held for ransom in Pakistan, in 2016 received the Connecticut Critics Circle award for outstanding production. Now Hartford's TheaterWorks is doing the play by **Ayad Akhtar** (Pulitzer Prize winner for *Disgraced*) with the same director (**David Kennedy**, another CCC winner) and same cast for its run May 17 to June 17.

That includes **Eric Bryant**, who received top acting honors from the state's theater scribes.

And revisiting the intense role of an American hostage?

"It's a taxing experience because I'm a hostage for two hours on stage during the run — but also for the weeks of rehearsal. One part of you knows that it's fiction but at the same time there are certain physiological responses. When someone is yelling in your face at full volume, it may be a character but they're still yelling in your face at full volume. It's not often you get to play a literal life-and-death, heightened, adrenalized experience in the theater for two hours."

"I learned from Westport that I couldn't 'go there' every single time in rehearsal because I would be spent by the time we have an audience, so a lot of it is being engaged — but at the same time protecting myself so I'm there for when an audience comes in."

[theaterworkshartford.org](http://theaterworkshartford.org)



### **Insight Counseling's Mission:**

To provide highly effective assessment and counseling services to clients in a warm and compassionate environment. We seek to make the entire process of seeking help open and helpful and we offer the correct environment, education, and encouragement for lasting positive changes to begin.

Fees are covered by most health insurance companies via your out-of-network benefits.

#### **Services We Provide:**

- Expert Assessments for Children, Teens, Adults
- Therapy for:
  - Grief/Loss/Trauma • Substance Abuse/ Addictions
  - Codependency & Mental Health Treatment • Marriage & Family Counseling
  - Intensive Out-Patient (IOP) Programs for Teens, Young Adults, and Adults
  - Parent Program

### **Contact Us:**

**103 Danbury Road, Ridgefield CT 06877  
(203) 431-9726**

[www.insightcounselingllc.com](http://www.insightcounselingllc.com) • [info@insightcounselingllc.com](mailto:info@insightcounselingllc.com)

### **HAVE YOU HEARD ...?**

... There will be two chances to hear Tony Award-winner **Leslie Odom Jr.** (Aaron Burr in *Hamilton*). The first is June 4 at New Haven's Long Wharf Theatre. Then he sings for the Hartford Symphony Orchestra's *Pops!* concert at Hartford's Bushnell Dec. 8.

... **Derek Klena**, the male lead in *Anastasia* at Hartford Stage and on Broadway, left that production to join the premiere of the musical *Jagged Little Pill* at the American Repertory Theater in Cambridge, Massachusetts, May 5 to July 15. The show has music by Alanis Morissette and Glen Ballard, lyrics by Morissette and book by Diablo Cody (*Juno*).

*Frank Rizzo has covered the arts-entertainment scene in Connecticut since disco reigned in the '70s, including nearly 34 years writing for the Hartford Courant. Email him at FrRiz@aol.com. Follow him on Twitter @ShowRiz.*

# MOUNTAINSIDE

Celebrating 20 years

Holistic alcohol and drug addiction  
treatment tailored to you.



## Our continuum of care includes:

Detox  
Residential  
Extended Care

Outpatient Services  
Adolescent Services  
Recovery Coaching

Family Wellness  
Medication-Assisted  
Treatment

If you or someone you love  
needs help, call us today.

[MOUNTAINSIDE.COM/ADDICTION](http://MOUNTAINSIDE.COM/ADDICTION) 844 246 2300

Two Connecticut locations for effective treatment and care: Canaan and Wilton.

Most insurance accepted. Financing options available.

# DIPPING AND

## HEAVEN IS AN IN-GROUND POOL

BY MEG BARONE

The backyard of yesteryear was a childhood refuge where youngsters climbed trees, built forts, and played hide-and-seek. Today, some backyards rival resort destinations, so prominent are their water features, culinary amenities, and creature comforts.

The in-ground swimming pool is the centerpiece of these residential outdoor living and entertainment areas to which homeowners are adding way beyond the usual bluestone patios and fieldstone sitting walls to create the ultimate backyard retreat, according to Bob Russell.

Russell is the vice president of pool services for the award-winning Glen Gate Company, a pool design, construction and maintenance firm in Wilton, which services properties in Fairfield and Westchester counties. The pool environment has also become more central to family life, says Russell, past president of ConSpa, the Connecticut chapter of the National Spa and Pool Association.

The residential pool is now surrounded by other features that add significantly to the outdoor living experience for individuals, family members, and invited guests.

Over the last decade or so, a dramatic change in lifestyle has people spending more time outside. Residents are creating resort-like settings in their backyard as a way of extending the pool season — regardless of geography — making the yard an extension of their house, according to pool and landscaping experts. "They are building into their yards landscape lighting so they can enjoy their property in the summer at night," Russell says.

Living and entertainment spaces don't need to be confined to the interior square footage of a home when people's backyards are so well-equipped. Where once there were just outdoor grills, there are now high-end, built-in outdoor kitchens complete with refrigerators, wine coolers, and ranges.

Where once there was a fire pit or an outdoor fireplace, there is now comfortable built-in seating around those fire elements. Where once there was a small wet bar, there is a full-service bar with a long



counter to accommodate a half-dozen or more stools. In one New Canaan backyard there is a pool with a swim-up bar.

A family in Wilton enjoys swimming so much that they have an outdoor pool and an indoor pool that is incorporated into their living room.

Pools have also become more elaborate with specialized features that improve energy efficiency, conserve water, automate pool and spa operation, cut down on routine maintenance, and enhance the entertainment factor. The pool area has become "an entertainment palace," according to Jeb Henn of Henn Pools in Darien, which has installed a rooftop water fountain on a house in Greenwich and rooftop swimming pools in Manhattan.

Pool designers and builders can create whatever people can imagine, says Carvin DiGiovanni, vice president of Technical & Standards for the Association of Pool and Spa Professionals, based in Alexandria, Virginia. Backyard pools and water features are as limitless as the homeowner's creativity and economic resources, DiGiovanni says.

It all depends on what someone is



# DIVING



**Left:** An indoor salt-water swimming pool sits between the kitchen and living room of this home. PHOTO COURTESY OF WILLIAM RAVEIS REAL ESTATE **Above:** Fountains and falls add to the effect. PHOTO COURTESY OF GLEN GATE COMPANY

willing to spend, Henn says.

"You can have just about anything in your yard. It's amazing," says Russell, adding that Glen Gate recently installed a pool for a client in Bronxville, New York, the floor of which raises up to become a patio. "You can actually park a vehicle on this thing, drive off, and then the patio sinks and becomes a pool," he says. It's an engineering marvel, Russell says. As the bottom comes up the water runs sideways into a retention tank and gets pumped back underneath the cover.

Few homes have anything quite that elaborate, but that doesn't mean folks don't want something unique or unusual in their homes.

They don't want the rectangular, "cookie-cutter" swimming pool, DiGiovanni says. They want something pleasing to the eye. It could be a free-form pool design that resembles a natural pond or lake, or a dramatic infinity edge pool. Some pools have interactive features such as diving boards, slides, sprayers and water pads. Others are outfitted with special water features including waterfalls and fountains containing built-in lighting to create colorful, spectacular light shows.

Technology allows the programmable light shows to be synchronized using a remote control. "You can have total disco mania in your pool or you can mute it and keep it blue, or dim it," Russell says.

Poolside lights and music can set the mood," DiGiovanni says.

Just as automation has evolved to allow homeowners to operate lighting,



Homeowners are creating resort-like settings in their backyards. PHOTO COURTESY OF GLEN GATE COMPANY

*Connecticut*  
**home&garden**

Meg Barone is a freelance writer for the Hearst Connecticut Media Group.



# Cottage Chic



Our informational sessions are held every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am.

Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail [info@seaburylife.org](mailto:info@seaburylife.org).

Ease into life on the Seabury campus in one of our beautiful one- and two-bedroom cottages. These charming, well-appointed homes feature state-of-the-art finishes and access to all that life at Seabury has to offer. Seabury is a Life Plan community for adults 50 and over. Join us at one of our upcoming informational sessions to learn more and take a tour of your new home.

  
**Seabury**  
An Active Life Plan Community

*Revolutionizing the experience of aging!*

**BEST OF  
Hartford  
MAGAZINE** **2009  
THROUGH  
2017**



200 SEABURY DRIVE | BLOOMFIELD, CT 06002

(860) 286-0243 | (800) 340-4709

[WWW.SEABURYLIFE.ORG](http://WWW.SEABURYLIFE.ORG) | [INFO@SEABURYLIFE.ORG](mailto:INFO@SEABURYLIFE.ORG)

# Physician Profiles



## MELVIN ROSENBLATT, M.D.

**DR. MEL ROSENBLATT** graduated from Downstate Medical College. He further trained in radiology and did his fellowship in interventional radiology at Johns Hopkins University School of Medicine. He was section chief at Yale University and Memorial Sloan Kettering Cancer Center before opening Connecticut's first out-patient vascular center, the only one in the state that is accredited by the Joint Commission. A world expert in managing complex vascular diseases, pelvic venous disease and venous malformations, he was the first in Connecticut to perform new minimally invasive treatments for varicose veins.

Physicians have followed in Dr Rosenblatt's footsteps opening outpatient facilities focusing on the treatment of vein disease. Patients now have more options than ever before but how do they determine the quality of care they are receiving. A clue lies in how the diagnostic testing is done. Ultrasound is the key to successful diagnosis and treatment. It must be done in the upright position and ideally the treating physician should be doing the exam. At CT Image Guided Surgery, every ultrasound exam is performed by the treating physician in the upright position. With this approach even the most complex venous disease, such as pelvic venous disease can be detected. Pelvic venous disease is often overlooked and the pain it causes in women is ignored. Dr Rosenblatt is one of the few U.S. doctors who treats this complex disorder and has lectured and authored articles on this subject.

### CONNECTICUT IMAGE GUIDED SURGERY, P.C.

501 King's Hwy. E., Ste. 110, Fairfield

(203) 330-0248 • cigsurg.com



## JULIE E. SPIVACK, M.D.

**DR. JULIE SPIVACK** graduated magna cum laude from Yale University and earned her medical degree from Albert Einstein, where she was elected to AOA, the medical honor society. She completed her residency in medicine and fellowship in gastroenterology at Harvard's Beth Israel Hospital. She pursued additional GI training at New York Hospital followed by a hepatobiliary fellowship at Memorial Sloan Kettering and is board-certified in gastroenterology.

Practicing since 1997, Dr. Spivack was one of the first female GI specialists in Fairfield County and the first to bring expertise in liver disease. She also practices general GI and performs colonoscopies and endoscopies. She prides herself on providing cutting-edge medical care to the local community and has made diagnoses missed by doctors at top medical centers. Most importantly, she listens to her patients. "If I listen well and earn their trust, I can treat their potentially embarrassing problems with great sensitivity. I have been privileged to forge close relationships and have a positive impact on my patients' lives."

**Medical School** Albert Einstein College of Medicine **Hospitals** St. Vincent's Medical Center, Bridgeport Hospital **Organizations** American Gastroenterology Association, American College of Gastroenterology, Alpha Omega Alpha, American Women's Medical Association Fairfield County Chapter, Medical Liaison American Liver Foundation, New Haven Chapter

### GASTROENTEROLOGY ASSOCIATES OF FAIRFIELD COUNTY, PC

2660 Main St., Bridgeport • (203) 292-9000  
425 Post Rd., Fairfield, CT

765 Main St., Monroe  
gidox.com

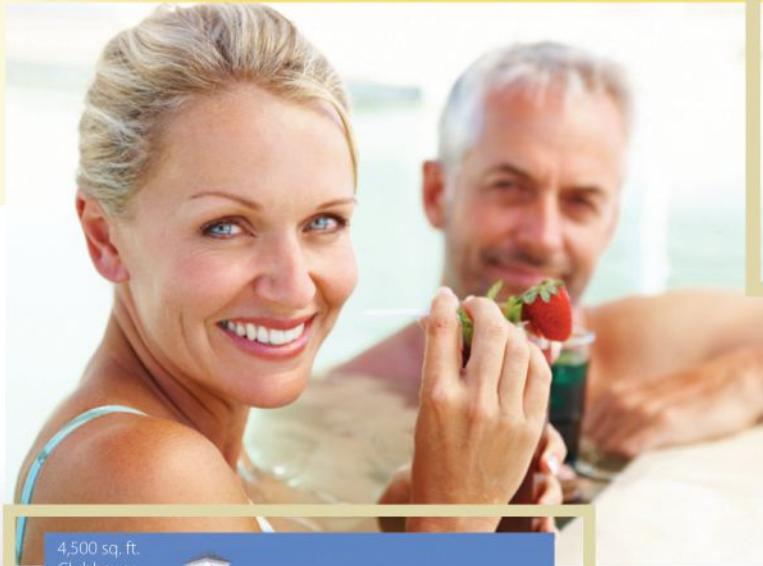




## The area's premiere 55+ community, located in Orange Connecticut.

- Homes priced from \$424,900 - \$699,900
- Single level living
- Flexible purchasing terms
- Low maintenance
- Clubhouse, heated pool, fitness room, tennis, bocce, & putting green

simplify your life.



4,500 sq. ft.  
Clubhouse



Offering by  
Prospectus only

**Open Daily  
10 - 5 pm**  
1025 Grassy Hill Road, Orange, CT  
**203.795.3732**  
[fieldstone-village.com](http://fieldstone-village.com)  
Brokers are welcome.



IMPRISONED 27 YEARS FOR A CRIME HE DIDN'T COMMIT, MARK SCHAND IS SHARING HIS LOVE OF HEALTHY EATING AT HIS NEW SMOOTHIE SHOP AND FINALLY LIVING THE LIFE HE ALWAYS WANTED

BY ERIK OFGANG

The smoothie list at Sweetwater Juice Bar & Deli in New Britain covers the wall, stretching almost from the ceiling to the floor. Written in a kaleidoscope of chalk colors are flavors such as Purple Haze, Kiwi Bright Silly Wabbit and the Mayor Erin, a peanut butter-powered smoothie in honor of the city's mayor, Erin Stewart. But there are also flavors that hint at the years stolen from owner Mark Schand's life. The "Linda & John Thompson" is named for the husband-and-wife lawyers who represented him for more than two decades. The "Centurion Freedom" is made in honor of Centurion Ministries, the Princeton, New Jersey-based nonprofit that helped prove his innocence.

Each smoothie recipe was designed in-house, Mark says with pride. "Me and my sons came up with them." The Windsor resident adds that the smoothies, as well as the assortment of wraps, sandwiches and salads offered at the restaurant, are made with fresh ingredients. "We don't have or use sugar, butter or oil at all. We don't have an extensive menu but what we have is fresh. Nothing fried, nothing dunked in oil."

A self-described lifelong exercise and health fanatic, the 53-year-old's passion for his new business is evident as he interacts with customers, many of whom he knows by name, as is his enthusiasm and joy. Because despite everything that happened to him, Mark is happy.

"I look at it like this, anger is another prison," he says. "So to get out of physical prison and then to put myself in a mental prison with an emotion like anger, it's kind of a wasted emotion. I'm genuinely not angry. I'm just not. I'm just happy to be home."

Mark Schand now owns Sweetwater Juice Bar & Deli in New Britain.

PHOTO: CATHERINE AVALONE Below: Schand in 2013 at the New Jersey offices of Centurion Ministries, shortly after his release. PHOTO: DIANE BLADECKI

RICHARD	LAPOINTE	MANCHESTER	CT	1989	1998
MARCUS	WASHINGTON	QUEENS	NY	1979	2004
HERBERT	SIMS	*	*	*	*
FREDRICO	LOWEBEY	ST. LOUIS	MO	1988	2005
DOMINIC	LUCCI	SAVANNA H	GA	1992	*
KENNETH	GARDINER	*	*	*	*
MARK	JONES	*	*	*	*
MARK	SCHAND	SPRINGFIELD	MA	1986	2009
LEE	MURPHY	CHICAGO	IL	2003	2013
MILTON	SCARBOROUGH	LYCOMING CO.	PA	1977	2002
DAVID	BRYANT	BRONX	NY	1976	2008



But he hasn't forgotten the 27 years he spent in prison when his wife Mia and sons Mark Jr., Kiele and Quinton could only visit him once a week. The 26 birthdays he marked but did not celebrate. The times he wondered whether he really would die in jail, but then pushed those thoughts away to continue fighting to clear his name and regain his freedom.

Thin but muscular, Mark is wearing a dark baseball cap and sunglasses. On his left arm he has a tattoo detailing the time he spent in prison down to the second. It reads: 26 Years, 11 Months, 20 hours, 26 minutes, 8 seconds, 4 nothing. He says he remembers the first of those seconds, the moment it all began, Oct. 26, 1986, "like it was yesterday."

...

It was a clear, crisp October day. Mark, who was 20 years old at the time, was walking his dog, a Rottweiler named Dutch, in front of a building his father owned on Albany Avenue in Hartford. A native of Queens, New York, Mark was passionate about motorcycles, rap music and dogs. His family had relocated to Hartford where Mark was already an aspiring entrepreneur. He was close to opening a clothing shop and was also looking into opening a McDonald's franchise. He had two young children from previous relationships and a third on the way with his new girlfriend, Mia, with whom he shared a deeper connection than he had with anyone else.

As he walked the dog, a kid on the block warned him that a police cruiser had driven around the block a few times and the police inside it kept looking at him. Mark didn't pay it any mind. He had nothing to hide. When the police got out of the car and approached him, he still wasn't worried. They asked if his dog bit. When Mark told them Dutch did, they told him to put the dog in the car. Once the dog was away, the police arrested Mark, charging him with murder.

Dumbfounded, Mark thought it was some type of practical joke. As the police put him in the cruiser, friends of Mark's saw the commotion and approached on motorcycles and asked what was going on. One of the officers pulled a gun and told them to get away from the car. As this occurred, the gravity of the situation hit Mark — whatever was happening was far from a joke.

The previous month, on Sept. 2, 1986, 25-year-old Victoria Seymour had been shot and killed in Massachusetts outside the After Five Lounge, a long-closed Springfield bar. A bystander, Seymour was hit by a stray bullet during a botched drug deal that occurred around 11:15 p.m. Charles "Heavy" Stokes and his brother

**"I look at it like this, anger is another prison. So to get out of physical prison and then to put myself in a mental prison with an emotion like anger, it's kind of a wasted emotion. I'm genuinely not angry. I'm just not. I'm just happy to be home."**

— Mark Schand

David had just attempted to sell drugs to two other local men, Anthony Cooke and Michael Hosten. Cooke and Hosten were still nearby when at least two men the locals didn't know approached about buying drugs. As Charles Stokes was showing the drugs, one of the men grabbed either at the cocaine or the gold chain on his neck. Cooke, who was still nearby, grabbed this man, who then (at least according to original accounts) pulled a gun and shot Cooke in the shoulder. Cooke, Hosten and the Stokes brothers fled, Charles Stokes tripped and fell, and the original gunman, or possibly another man he was with, robbed him of cocaine and cash. In the commotion, an errant bullet hit Seymour in the back. She died from the wound a few hours later.

From the beginning it was a difficult crime scene. John Thompson, who along with his wife, Linda, was Mark's longtime attorney, says it involved "people who were strangers to each other, who witnessed something that happened over a space of two to three minutes in the middle of the night outside a bar where almost everyone there was under the influence of alcohol or drugs, or a combination of the two."

As police investigated the case, they learned that the buyers were a group from Hartford, and for reasons that Thompson says remain unclear, a photo of Mark began circulating among witnesses of the crime, as did photos of Mark's brother, Roger.

Mark was photographed after the shooting by Hartford police, after they towed his motorcycle for a minor traffic infraction. When Mark, whose record was clean, protested the towing of his motorcycle, he was taken to the station, where he agreed to have his photo taken. He says this was a mistake, as unknown



to him at the time, Hartford police were already assisting in the Springfield murder investigation and would send that photo to witnesses.

"I wasn't the nicest kid. I came from New York, I was a little rambunctious, so I guess I was in their crosshairs for one thing or another," he says. "Had I not been in their crosshairs I probably wouldn't have done 27 years. Had I not been known to them, they wouldn't have had my information to set me up with and take to Springfield to show around for those guys to point at."

Thompson says Springfield investigators never kept detailed records of which witnesses were shown what, but there's evidence that a Polaroid photo of Mark was shown with other photos to witnesses. This was problematic, Thompson says, because a Polaroid would have stood out from the



I didn't do it

**Freedom fighters:** Mark Schand's release from prison after 27 years was cause for celebration for Jim McCloskey, founder of Centurion Ministries, who gives Schand an uplifting embrace.

PHOTO: DIANE BLADECKI

other mugshots.

Ultimately Mark was identified as the shooter based on the testimony of six eyewitnesses. All were career criminals using and selling drugs; all received reduced sentences in exchange for testimony. (Three later recanted, acknowledging they had implicated Mark to save themselves from long prison sentences, while the testimony of a fourth was largely discredited during the appeals process. Two other witnesses died before investigators working on behalf of Mark could reinterview them in recent years.)

Even as the case against him mounted, Mark believed he would be proven innocent. He had only been to Springfield one time before, to see a Run-D.M.C. concert. He went to school with the group's Jam Master Jay and was friends with all

the members. He attended the concert on Run-D.M.C.'s tour bus, never setting foot anywhere in the city outside the concert venue. In addition to having no connection to the city the crime had taken place in, Mark didn't know any of the witnesses. There was never any physical evidence linking him to the crime, and he has consistently passed polygraphs during which he asserted his innocence. Perhaps most importantly, Mark had an alibi for that evening. Actually, six of them.

Around noon on the day of the murder he had a root canal-like procedure. The dentist who performed the procedure, Dr. Thomas Acierno, testified to this, and said Mark would have been in severe pain that day. That evening Mark was waiting for his girlfriend Mia Williams-Bey to finish work at the Hartford hair salon she worked at.

He went in and out of the salon and was complaining about his mouth hurting. The salon was open late that night because it was the evening before the first day of school and parents were bringing their kids in for last-minute haircuts. Six people including Mia testified they saw Mark between 11 p.m. and midnight (the murder took place around 11:15 p.m., 27 miles away from Hartford). The alibis included Mia's sister and niece, plus several friends, but they also included Carol Parrish, who neither Mia nor Mark had any connection to. Parrish was Mia's last customer that night and she remembers the evening specifically because she got a late-night haircut for a funeral the next day.

"This was a case in which everything depended on eyewitnesses to one event or another, the events at the salon and

the events at the bar where the murder occurred," Thompson says.

In addition to the six witnesses who testified against Mark at trial, two 15-year-old employees at the Pizza King, located near the After Five Lounge, testified to seeing Mark and three other men at their pizza shop shortly before the shooting. This testimony helped the prosecution place Mark in Springfield before the shooting. But, one of these witnesses, Al Chase, described the men who came into the place as getting into a "grayish custom van with large windows on the side and a Connecticut license plate." The importance of the testimony related to this gray van would not become clear for years.

The jury, evidently, found the prosecution's witnesses more believable. Mark was convicted on Nov. 20, 1987, and sentenced to life in prison without parole.

"It's kind of surprising to have that many alibi witnesses disbelieved," Thompson says. But he adds, "the prosecutor was clever in the way that he dealt with them and he suggested to the witnesses and the jury that Mia had concocted this alibi."

Jim McCloskey, of Centurion Ministries, who helped free Mark almost three decades after his original trial, says it's not uncommon for credible alibi witnesses to be disregarded, and it has happened in other cases Centurion has worked on. "Juries by and large do not believe alibi witnesses. They just don't. When you think about it, you are with friends or family most of the time." He adds that he believes there's also "a racial element to it. If you're a black defendant the white jurors think the black alibi witnesses will come in and lie on behalf of the defendants and that's just simply not true."

• • •

When Mark was arrested he and Mia had been together for a little under a year. Yet Mia never considered walking away from the relationship. "We just connected," she says. "The love is there. I knew Mark was innocent, and I knew one day he was going to come home."

She gave birth to their son Quinton while Mark was in jail, and Mark and Mia were married at the Massachusetts Correctional Institution in Shirley, about 50 miles northwest of Boston. Mia visited Mark every week. She'd bring the kids whenever she could, and got permission from the mothers of Mark's other children to bring them as well.

"When I brought my son, Mark always told him the truth, that he didn't do it. He didn't pretend that he was in there for something he didn't do," she says. "As the kids grew, they grew in the system with their dad."

For Quinton, now 31, and an



**"The love is there":** Photographer Diane Bladecki asked Mark Schand and Mia Williams-Bey what it was like to leave each other after visitation was over. They said they would embrace for as long as possible and then pull away from each other until the tips of their fingers came apart. PHOTOS: DIANE BLADECKI



environmental health and safety professional at UTC Aerospace Systems, visiting prison was part of growing up. "Going through metal detectors and pat-downs, sign-off sheets and things like that were just something that was a part of my life, just what I was doing to go see my dad," he says.

Even just from these short weekly visits, Quinton and his brothers developed a deep connection with their father. As Mia

puts it, "They just love their father. They're very close."

Quinton says, "He was the best father he could be to me in the situation that he was in."

As the years went by the kids became markers of time. First they thought Mark would get out by the time Quinton grew up, but he turned 9, then 10, and later went to college. Mark Jr. had a son, Javier, Mark's first grandson, and again they thought



Mark would be out while Javier was young.

As time marched on and Mark remained in prison, both he and Mia stayed focused on the day they both were certain would one day come.

"I didn't look at it like it was 27 years. I didn't count the years, I really didn't," Mia says. "I just knew that one day my husband was going to come home. I always kept the faith."

■ ■ ■

After his conviction, Mark retained Linda and John Thompson as his attorneys. Linda had consulted on his case during the initial trial, but the couple now took the lead as they looked to explore every legal option left to Mark. First, they filed a motion for a new trial.

"We challenged some aspects of his trial that were unfair including what we thought was a deliberate misidentification and shoddy identification procedures by the police and secret arrangements to reword prosecution witnesses for their testimony," John Thompson says.

New evidence was emerging in this regard, and several of the six men who had testified against Mark began to change their stories.

In 1989, Charles "Heavy" Stokes recanted his testimony identifying Mark as

the man who robbed him. Many years later Stokes and witness Anthony Cooke would tell Centurion Ministries that the lineup in which they originally identified Mark on Dec. 15, 1986, was "bogus" because they both knew everyone in the lineup but Mark. Cooke even identified one of the men as a former roommate of his.

Also in 1989, during Mark's motion for a new trial, Assistant District Attorney Francis Bloom discredited David Stokes' testimony that Mark had bought the drugs and pulled a gun by saying that when Charles Stokes identified Mark, he "directed his brother to do the same."

In 1990, Mark Schand's older brother, Roger Schand, was charged with being involved in the shooting. Roger's trial was declared a mistrial in 1991 after the Stokes brothers refused to testify, and the charges against Roger were dismissed. More importantly for Mark's case, Roger's trial revealed police reports showing that in 1986 police had found a man named Randy Weaver of Hartford who owned a gray van exactly like the one described as being outside the Pizza King restaurant. Neither the police nor prosecutors working on the case appeared to follow up on what many years later would prove to be a crucial piece of evidence. (Weaver was not the shooter, but would provide key information about

what happened that night.)

Despite the new evidence and witness recantations, the courts continued to rule against Mark — denying his appeal of the original ruling, his motion for a new trial, and an appeal of the ruling denying the motion for a new trial.

In the mid-'90s, Mark filed a petition for a writ of habeas corpus in federal court. That was denied in 1996. It fell to Thompson to break the grim news to his client.

"I went down to talk to Mark in prison and told him that we had exhausted avenues that we had for attacking his conviction and that unless something changed, unless we got some new evidence, he was going to spend the rest of his life in prison," Thompson says. "That was a very, very hard thing to do. It was a hard conversation to have. We both cried during it. But what he said to me was, 'John, I'm not giving up. I'm not going to sit here and let this happen to me. I'm going to fight this.'"

■ ■ ■

With traditional legal options exhausted in the mid-'90s, Mark and the Thompsons began looking to find new evidence and for help in their search. Mark hired private investigators in the hopes of finding new witnesses. He sent letters to more than a dozen organizations that assist the wrongfully convicted. He reached out to prominent lawyers and even Oprah Winfrey, to no avail.

In the early 2000s, he contacted Centurion Ministries, a New Jersey-based nonprofit that works to free the wrongfully convicted. Its founder, Jim McCloskey, is something of a legend when it comes to overturning such convictions. Since 1980 his organization has freed more than 54 people in the U.S. and Canada.

"I think Jim is a walk-on-water kind of guy," Thompson says.

A former Navy officer, McCloskey became consumed with the cause of wrongful convictions while getting his Master of Divinity degree from Princeton Theological Seminary. As part of his work for that degree, McCloskey worked as a student chaplain at Trenton State Prison, now known as the New Jersey State Prison. There he met Jorge De Los Santos, who had been convicted of a 1975 murder but who maintained his innocence. McCloskey came to believe Santos, and began investigating his case, helping gain his freedom in 1983.

Knowing there must be others like Santos, McCloskey founded Centurion Ministries that same year, and started investigating wrongful convictions full-time. The organization is named for the Roman military officer in the Bible's Luke 23:47 who oversaw Jesus' crucifixion, and while Jesus was on the cross said, "Surely this man was innocent," according to some translations.

By the time Mark began writing to Centurion Ministries, the organization was receiving between 1,100 and 1,600 requests per year, and at first Mark's case didn't stand out. It broke through the clutter when McCloskey received a letter from John Thompson on Mark's behalf.

"Very rarely would the person's defense lawyer come to us," McCloskey says. "John's letter to us really provoked our interest and gave his claims of innocence credibility in our mind."

As McCloskey and his staff looked closer at the case for several years, they received boxes of documents related to it and became convinced of Mark's innocence due to the strength of his alibis. Even still, McCloskey didn't think it was a good case for Centurion because the eyewitness testimony against Mark at that time seemed insurmountable. McCloskey changed his mind in 2009 when a member of his staff received a letter from Mark containing just three words: "Please help me."

"My heart ached for him," McCloskey says. "We committed right then and there."

McCloskey began to look into the case along with investigator Richard Hepburn. By that time Charles Stokes had long since recanted his testimony and Michael Hosten, one of the original witnesses against Mark, had done the same before his death in 2006. As Centurion launched its investigation, Anthony Cooke recanted, meaning three of the original six witnesses against Mark now said they deliberately misidentified him for reduced sentences.

But the courts had ignored recantations in the past. To free Mark, Centurion and the Thompsons needed more: they needed to gain a better understanding of what actually happened in Springfield that night. They knew about Randy Weaver, the owner of the distinctive gray van, and Hepburn approached him. In one of the major breakthroughs in the investigation, Weaver agreed to speak with Hepburn and McCloskey.

"Randy Weaver was the hero of this case. He was just determined to clear Mark Schand — who he knew, but they had no relationship," McCloskey says.

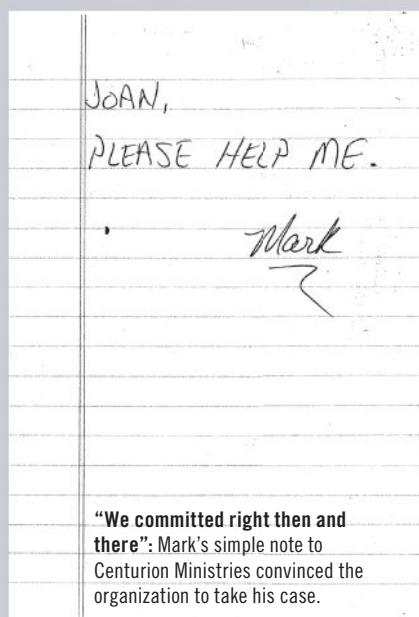
After the events of Springfield that night, Weaver had turned his life around and had followed Mark's case, McCloskey says. "Randy Weaver felt so bad for Mark Schand being in prison for something he knew Mark Schand had no involvement in. He was so brave to come forward not knowing if the prosecutors may indict him for some involvement in this. He just told the whole story clear as a bell both to us in the privacy of his kitchen and in open court."

Weaver led the investigators to several other witnesses who helped them finally understand what had really happened the night that had resulted in one murdered

young woman and another young man wrongfully put in prison.

The Saturday before the murder, on Aug. 30, 1986, Weaver had been at a concert in Springfield, and while at a club near the After Five Lounge a fight had broken out and someone from Springfield had robbed Weaver's gold chain.

A few days later on Tuesday, Sept. 2, the night of the murder, Weaver decided to go back to Springfield to look for his chain. He announced these plans at a Hartford bar, and three friends came with him in his distinctive van. Two other men, Tracy Fisher and Ty Johnson, were at the bar, and overheard these plans. Unknown to Weaver's group, they decided to follow them to Springfield in a stolen Audi in order to buy drugs. All these men knew Mark because they lived near him, but they were not friends.



Weaver's group's first stop was the Pizza King. Weaver is sometimes described as a look-alike for Mark. At the time they both wore their hair in cornrows and were about the same height, age and weight. Weaver went into the Pizza King and recalls talking with the employees who later testified they talked to Mark in the Pizza King at that time. Weaver then got back in his van, the one described by the Pizza King employees.

Looking for the chain, Weaver and his group went to the club where the jewelry had been lost and then the After Five Lounge. Failing to find anyone wearing Weaver's chain, the group left the club and saw Johnson outside. Fisher was apparently nearby but Weaver did not see him. Weaver walked down the street. Soon afterward the shooting started.

Who actually fired the shots that killed

Seymour remains unclear, but Fisher, who also looked somewhat like Mark, admitted to Centurion during the organization's investigation that it was he who confronted Charles Stokes and grabbed the bag of cocaine from him and had then been grabbed by Cooke. Though Fisher's story corroborated Weaver's account, Fisher refused to go on the record for fear of being indicted for murder.

In October 1986, a month after the shooting, Weaver was arrested and charged with possession of drugs. The Hartford Police Department took a photo of his van and sent it to Springfield investigators noting that it fit the description from the Pizza King witnesses, and that Weaver had the same hairstyle and wore the same glasses as Mark. But there's no record that investigators in Massachusetts ever followed up with Weaver, which likely would have led them to question Fisher or Johnson — the men actually involved in the drug deal gone bad that had resulted in the shooting.

Decades later it's clear Mark had been mistaken first for Weaver at the Pizza King and then mistaken for or deliberately misidentified as Fisher at the scene of the crime. While investigators missed or ignored evidence leading to other culprits. Fisher, who was never questioned about that night, is currently serving time for a murder committed in 1987, not long after Seymour's killing.

With the new evidence in hand in 2013, Mark's legal team filed a motion for a new trial. During the legal proceedings for this motion, with the case against Mark rapidly crumbling, the state of Massachusetts offered Mark a deal: plead guilty to manslaughter and go free with time served.

"Mark declined to do that; it was a very difficult decision," Thompson says. "It meant facing the possibility that the ruling would go against us."

For Mark the decision was easy.

"In a plea deal you have to admit guilt," he says. "I don't know many people who can admit guilt to a murder they didn't commit. That's got to be the hardest thing to ever do. I never even contemplated it at all."

During an evidentiary hearing, Fisher was summoned to testify but refused, invoking his privilege against self-incrimination. The judge granted him immunity and Fisher under oath confirmed what he had told Centurion Ministry investigators: that he had followed Weaver's group to Springfield that night, that he never saw Mark there, and that it was he, not Mark, who had grabbed the cocaine from Charles Stokes.

The judge granted the motion for a new trial. Within two weeks the state decided not to prosecute. Mark's name had been cleared and he was a free man.

Mia was the first to learn Mark was coming home. She got a call from John Thompson telling her to pick her husband up the next day. She was at work at a beauty salon and somehow finished her shift. She placed the call to their family who gathered from far and wide to make it to Connecticut and welcome Mark home.

That night Mia didn't sleep.

When she returned from prison with Mark the next day, she says, "Everyone was there. Everyone." She adds, "I felt like it happened yesterday and it will be five years since Mark came home this October."

After prison, Mark's entrepreneurial spirit was reignited. Last year he spotted a vacant storefront in downtown New Britain while he was visiting his father who lived across the street. In prison his interest in healthy eating had increased and one of his hobbies was his vegetable garden.

He decided to open a smoothie and deli shop in New Britain that would be vegan and vegetarian friendly, but not exclusively either. With the help of his family he designed a vibrant space, with bright colors and a fun, welcoming feel. He's quickly become a star of the New Britain community.

"He's the most upbeat, engaging, happy guy," says Gerry Amodio, executive director of New Britain's Downtown

District. "Every once in a while people enter your life and you want to know them. He's that kind of guy."

Rashmi Patel, Mark's landlord, says everyone on the block supports Mark. "He's been dealt a pretty bad hand, so I want to make sure I can do what I can for him to succeed. I think a lot of neighbors over there look at him the same way," Patel says.

"I couldn't believe how upbeat he is," says Bill Carroll, New Britain's business development director. "He's got a lot of faith and believes in his faith and his friends."

The city's mayor, Stewart, is also a fan of Mark and his shop. She was among the more than 100 people who packed into the storefront and overflowed onto the sidewalk outside at the store's ribbon-cutting in January. "I've never seen this many people show up for a ribbon-cutting," she says. She adds, "It's an amazing story of resilience."

Mark has plans to open a second location in Hartford and a third in Southington. "I have the paint waiting," he says.

His three sons, who all have full-time professions of their own, regularly pitch in at the store and his niece, Jazmine, who is Roger's daughter, manages it.

Mark received a \$450,000 settlement from Massachusetts for his wrongful conviction and has a civil rights case pending in federal court. Though he is

focused on the future, his burgeoning business and his family, including his four grandchildren, he still thinks about others wrongfully imprisoned. "I am of the firm belief that we have the best legal system in the world, but I think it's human beings and their faults and their biases that ruin the system," he says. He adds that investigators will always approach a case with certain biases, sometimes based on race, but that if district attorneys were penalized for withholding information, huge progress would be made. "They probably could wipe this out in one fell swoop if they made district attorneys accountable for knowingly wrongfully putting a person in jail."

Asked what he hopes people learn from his story, Mark says "perseverance." After a pause he elaborates, "I know a lot of people who have gone through and have been through worse than this. But what happened to me is nothing to shake a stick at. If they can take anything from it, it's you can come out of a tragedy like this on the other side."

A few minutes later, as a smoothie for one guest is prepared, a blender roars to life, filling up the small, colorfully painted shop. Above the roar of the blender the sound coming from the stereo can still be heard. It's Pharrell Williams' hit, "Happy." ■

**Focused on family:** Mark Schand talks with his niece, Jazmine Schand, 24, of Hartford, who manages Sweetwater Juice Bar & Deli in New Britain. PHOTO: CATHERINE AVALONE



# The **VALLEY**

## 48 The Backyard Game in Our Own Backyard

Wiffle Ball was invented here six decades ago — and it isn't going anywhere soon

## 50 The Heart of a Small Town

A passionate local explores Seymour's charms

## 52 A Wonderland of Words

Books by the Falls in Derby is a rare find

## 53 Valley residents speak out

What would potential cuts to MTA service lines mean?

## An appreciation of the towns of Ansonia, Beacon Falls, Derby, Oxford, Shelton, Seymour and Naugatuck

## Elsewhere in this issue:

### 16 Play It Again

The podcast *Valley Sports Rewind* celebrates the region's sports history

### 55 Fusion Done Right

A review of Crave, Ansonia's beloved dining spot

### 58 Classic Valley Cuisine

Polish delis, Italian eateries and more great places to grab a bite

### 59 The Valley of Beer

The Valley has emerged as a hotspot in the state's craft beer revolution

### 80 Rubber Soul

Thanks to Charles Goodyear, Naugatuck was once the hub of the rubber industry

# The Backyard Game in Our Own Backyard

THE FAMILY-RUN SHELTON COMPANY HAS WEATHERED THE REGION'S MANUFACTURING DECLINE BY STICKING TO A SIMPLE FORMULA

BY JOHN ROCHE

Since the first one was crafted from plastic in 1953, more than 60 million Wiffle Balls have been purchased and played with in countless backyards, school gymnasiums and makeshift fields throughout the country and on every continent.

And each one of those

Wiffle Balls — including that prototype conceived and created at the Mullany family's kitchen table 65 years ago — has been made in Connecticut, the vast majority at the current Wiffle Ball Inc. factory, a two-story, 20,000-square-foot brick building in Shelton.

"It might be known and loved around the world, but the Wiffle Ball is and always will be synonymous with Shelton, Connecticut, and vice versa, and we love that," says David J. Mullany, who, with his brother Stephen, represents the third generation of the family to run the company.

Much like the other towns of the Naugatuck Valley, Shelton's glory days as a bustling manufacturing hub suffered a steady decline throughout the '70s and '80s, as companies either shut down or headed elsewhere chasing after lower

operating costs.

But the Mullany family has stayed put, and plans to stay rooted in Shelton pumping out Wiffle Balls for many years to come. (The trademarked yellow plastic bats used to whack them are made in Massachusetts.)

"Honestly, we never even considered relocating, or even trying to use cheaper materials or labor," David says. "That's just not what we're about. Sure, we're a business, but we've never looked to save a few pennies here and there. We're more concerned with offering quality products we can be proud of at an affordable price and being part of this town."

We're able to make a living doing something we love right where we live. There aren't a whole lot of people who can say that."

His brother Stephen agrees. "I don't think any of us could imagine moving from here," he says. "Operating in Shelton, the same terrific town we grew up in, is like the Wiffle Ball itself, which is basically the same design as when our grandfather first started making them. If it's working well, why change anything? I think we've been successful for so long because we've stuck with what works."

That same philosophy explains why the



## Goodyears for industry

The New Haven-born, Naugatuck-raised Charles Goodyear patented vulcanized rubber (rubber that was stable regardless of weather) and, thanks in part to his ties to the area, Naugatuck became a center of rubber production. Goodyear, however, was never able to maintain a profit from his work and died penniless in 1860 at age 59. See our Connecticut Files story on Goodyear and Naugatuck industry on page 80.



Wiffle Ball Inc. founder David A. Mullany, left, and his sons and company co-owners, David J. and Stephen. David A. says the company is "synonymous with Shelton."

Mullany family hasn't expanded the Wiffle company much either over the past six-plus decades, both in terms of products or operations. "We've tried to introduce other products over the years, plastic golf sets, for instance, and we still produce flying disks and a few other items," David says. "But we've realized that focusing on our primary products — a few sizes of the Wiffle Ball and the Wiffle Bat — is good business and ensures that we continue to offer the same quality product that people love."

According to both brothers, simplicity is a huge part of why the game of Wiffle Ball continues to grow in popularity year after year. "I think what people most love about the game is that you don't really need much to play it — a ball, a bat, someone to pitch and someone to hit. That's it," David says. "You don't even need that much space, and certainly not the big open space you'd need to play baseball or softball. Two people can play, but so can a large group split into teams. It's fun for young kids and older

people, and various ages can play together. That's the beauty of the game."

Organized Wiffle Ball tournaments have grown in number and popularity in Connecticut over the past decade. Ground zero is likely in Greenwich, where, in 2008, teens built a field, complete with a 12-foot-high replica of Fenway Park's Green Monster, on vacant property. Though the field was ultimately shut down by the town over safety concerns and neighbor complaints, a large tournament has been

## Happy Valley New Year's

The Wednesday before Thanksgiving is a popular bar night everywhere as people return to their hometowns and reconnect with old friends before the holiday. But in the Valley, they party so hard they've dubbed the day Valley New Year's. Think of it as Connecticut's answer to Mardi Gras.

## The Derby Poisoner

You won't see any statues in the Valley commemorating Lydia Sherman, and with good reason. The charismatic and, by most accounts, beautiful woman was also a prolific serial killer, with a penchant for poisoning those closest to her. She killed three husbands and eight children she was watching, including six of her own. She was convicted of murder in 1872, and confessed to multiple murders in 1873. She briefly escaped prison in 1877 before dying at 53.



held in the town each summer since. The town even has a dedicated Wiffle Ball field.

Although the company's website lists official rules, a conversation about Wiffle Ball with nearly anyone is likely to reveal that individuals or neighborhoods or even the many formalized tournaments and leagues around the country freely adapt the specifics of the game. But David says, "Whether you play it by running around the bases or by how far the ball is hit, inside or outdoors, using the same rules as baseball or your own version, as long as

you're having fun, that's what's important."

It was the Mullany brothers' father, also named David, who played the very first game of Wiffle Ball with his friends in his family's small backyard in Fairfield.

That's when the brothers' grandfather — his name was David, too — had an idea while watching his 12-year-old son and his pals playing baseball using a broomstick handle and some plastic golf balls they found in the garage.

The younger Mullany and his crew had given up playing regular baseball in the

yard after too many windows were broken. Twelve-year-old David also told his father that his arm was weak from trying to throw a curve with the golf ball, so the elder Mullany began experimenting, sitting at the family kitchen table carving up plastic golf balls. Eventually, he found some round plastic containers that were used by a local company to package perfume, and he and his son spent the next few weeks cutting various shapes into the different plastic balls.

That August, father and son decided that a lightweight ball featuring eight oblong,

# The Heart of a Small Town

## GETTING TO KNOW SEYMOUR WITH A MAN WHO KNOWS EVERY MILE

"What's going on at the theater? The door's open. There's a lot of people out in front." While conducting our May cover photo shoot outside the Strand Theater on Main Street in Seymour on a chilly Monday evening in late March, John Fanotto's cellphone kept ringing.

The Grand Knight and business manager of the local council of the Knights of Columbus, which owns and operates the Strand, Fanotto knows a sizeable portion of the roughly 15,000 residents of Seymour. "That's just people that know that I run the theater," Fanotto says. "They were just calling to see, what does 'The Valley Issue' mean?"

The Naugatuck Valley is a largely self-contained community, and not exactly regarded as a destination location for those who reside outside the area. And there's nothing wrong with that. Most local economies aren't set up to be dependent on an influx of tourism dollars, and small-town charm can often be lost on those not from a small town.

Seymour is run by a board of selectmen headed by First Selectman Kurt Miller. But after spending some time with Fanotto, one could easily take him for the town's unofficial mayor.

Fanotto, whose father was also a member of the



The Naugatuck River cascades over the Tingue Dam just steps away from downtown Seymour.

KoC, is a civil engineer and land surveyor by trade. About 20 years ago the framing of the Strand's iconic marquee was overloaded with snow and the drains were blocked. Fanotto used his expertise to fix the marquee, reinforcing it to the building, rebuilding drains and attaching emergency chains in case of future issues.

"That was just how I started getting involved" with the Knights and the Strand in the first place, says Fanotto (standing on the ladder on our cover).

"One thing led to another and it was, 'Well, can you solve this problem?' And then all of a sudden it was, 'Here, this isn't much more to do,'

and 'Ahh, can you do this?'" Fanotto says, "and now we are running the theater and the Knights of Columbus." The "we" includes his wife, Anna, who handles a lot of the day-to-day business of the Strand. Every movie the theater shows — *The Rocky Horror Picture Show* every October and *It's a Wonderful Life* every December are the big draws — is a fundraising event benefiting a multitude of charities.

Fanotto took a couple of hours out of his busy schedule one recent Wednesday afternoon to provide a tour of the town, a town his family has called home since 1916 when his grandfather,



### The first bicycle ride

In Ansonia on April 4, 1866, Pierre Lallement did something no one else in North America had ever done — he went for a bicycle ride. The unsung inventor, who immigrated to Connecticut from France, where he conceived of the two-wheeled device, was bicycling from Ansonia to New Haven as part of a patent demonstration. Lallement received the first patent for the bicycle a few months later but had trouble finding a manufacturer and was beaten to market by Michaux and Company in Paris,

which began selling bicycles in the spring of 1867, a year after Lallement's historic Ansonia-to-New Haven ride. David Herlihy, author of *Bicycle: The History*, discovered Lallement's contribution to our two-wheeled history in the 1990s. In 2016 he told *Connecticut Magazine* that Lallement doesn't get the credit he deserves. "In my view, he really is the inventor in the sense that I think he is the spark plug; he is the guy who really makes the great breakthrough," Herlihy said.

vertical holes on the upper half worked best, allowing virtually anyone to put "action" on a pitch by positioning the holes and adjusting their grip on the ball.

"My grandfather, who died in 1990, and my father, who is semi-retired but still comes in for a few hours most days, would say they had no idea why that particular version worked so perfectly, but it did, and still does," the younger David says.

The eldest Mullany made a bunch and dropped them off at a nearby diner. Those first few balls sold like hotcakes. He then

an Italian immigrant, bought an ice house on property Fanotto still owns.

After meeting at the Strand we stopped into GuitarFixer Bob's shop, which shares the marquee with the Strand and the Knights. The walls of luthier Bob Pieper's spot is lined with guitars — old and new, traditional and exotic — guitar parts and all sorts of paraphernalia. It doesn't take long for Fanotto and Pieper to start reminiscing about each of their times spent living in California, where Pieper was one of the original members of hard rock band XYZ in the late 1980s.

On that note we left the shop and walked down Main Street past galleries and antique shops, taking a right at the post office onto DeForest Street, Fanotto narrating all the while with knowledge of both past and present. We walked into the firehouse — the garage door was up, welcoming a large delivery of Easter plants — where he was able to double-check his memory against an early-20th-century town map hanging on the wall. Fanotto even has a story about the map.

He was hired by the town to do a structural report on the library for a planned addition. In order to get state funding, the whole library had to be inspected. In the Daughters of the American Revolution room, leaning against the wall, was an old map. "I said to the head librarian, 'Did you see this? This is a really nice map. Maybe if you reproduce this, I'm sure people would love to buy it.' So they used that as a fundraiser," Fanotto says. "They still sell copies for \$5 a piece."

We crossed Wakeley Street and walked down to the banks of the Naugatuck River, which

took out a second mortgage on the family home for seed money, and started making the balls and selling them out of the back of his station wagon.

The name came from slang for striking out a batter, who is said to have "whiffed" by swinging and missing at strike three. Mullany dropped the "h" and the Wiffle Ball was born.

As sales picked up, so did manufacturing, and Mullany hired a few other locals to help with the business, operating out of a small plant in Woodbridge.

bisects the town of Seymour. The Tingue Dam and newly constructed fish bypass, located in the shadow of Route 8, is an impressive sight and ideal for lunch-hour strolls and dog-walking. We head up Wakeley and stop into Lizzie's Corner, a consignment and gift shop with local products and crafts — the kind of place where you'll spend a half-hour and walk out with honey, a T-shirt, a record, and a wooden block that says "All you need is love ... and a cat."

Tony's Diner, Tea with Tracy and Barone's Sports Cafe — depending on what kind of food and drink you're in need of — are also located in the tiny downtown. You'll need a vehicle to see the rest of Seymour, so we hopped into Fanotto's truck as he drove from town line to town line. He pointed out certain developments that were "his" — Fanotto's engineering and land surveying work on display — and casually reminded me how woven into the history of the town he and his family actually are: "That's Emma Street ... Emma was my grandmother."

After treating me to a cappuccino, we conclude our tour at French Memorial Park ("It's a guy's name, it has nothing to do with France.") It's also the home field of the Seymour High baseball team, and the Wildcats are practicing as Fanotto explains that this is the location of the Seymour Pumpkin Festival, an annual event in September that seemingly everyone in town attends. As he drives toward the park exit, a towering foul ball lands about two feet in front of his truck. Fanotto doesn't brake, his truck or his speech, and we head back toward the Strand. Something tells me when it comes to Seymour, he's already seen it all. | MIKE WOLLSCHLAGER |

When the national retailer Woolworth placed a huge order for the balls, the company blossomed. Needing more space as the orders from more and more retailers large and small started pouring in, the Wiffle company moved to a factory space on Bridgeport Avenue in Shelton in 1959, where it still operates today, employing 15.

"My grandfather told me the first salesman he hired said they might get a few good months or maybe even a year out of this fad," David says. "Here we are a few generations and 65 years later, and that 'fad' is still going strong. We have peaks and dips like any business, but sales have pretty much been consistent throughout the years."

Last year, the Wiffle Ball was enshrined in the National Toy Hall of Fame, taking its lofty place as a slice of Americana made of white polyethylene. "We all wish my grandfather was around to see that," David says.

Both he and Stephen say their parents never pressured them into joining the family business, but the idea of working side by side with each other and their father, now 77, was appealing. The brothers have children ranging in age from early teens to early 20s, but Stephen and David are following the example of their mother and father and letting their own kids decide if they'd like to continue the Mullany clan's Wiffle lineage.

"Things have a way of working out," David says. "We've had so many offers to be bought out over the years, very sizeable offers, but my brother and I love what we do, like our father and grandfather did before us. We'd love to see the next generation follow in our footsteps, but that's completely their decision. That's a long way off, though, so for now, we'll just keep having fun."

For the record, the Mullany brothers still enjoy playing the occasional game of Wiffle Ball. Another thing they agree on: David's the better hitter, but Stephen's the better pitcher.

"As long as there is baseball, there will be Wiffle Ball," Stephen says. "And as long as people keep playing Wiffle Ball, we'll keep making them." ■



## God loves Valley football

The intense passion for high school football in the region is summed up by the local saying, "If God isn't an Ansonia Chargers fan then why is the sky blue?" In case it's not clear, we'll sum up: towns in the Valley like their high school football teams a LOT.

## Jump for Almond Joy

The beloved Almond Joy was manufactured and developed in Naugatuck by the Peter Paul Candy Manufacturing Co. The company was founded in New Haven in 1919 and debuted its coconut-and-chocolate-powered Mounds bar a year later. In 1922 the company moved its candy-making operations to Naugatuck, where in 1946 the nuttier offspring of the Mounds bar, the Almond Joy, was introduced. For decades these sister candy bars were the flagships of the company, inspiring the 1980s commercial jingle "Sometimes you feel like a nut, sometimes you don't," which advertised both products. In the 1980s the company was purchased by Hershey's. Both iconic sweets continued to be made in Naugatuck until 2007, when the company announced it was closing the plant. The candy bars are now made at a plant in Stuarts Draft, Virginia.



# A Wonderland of Words

EXPLORING BOOKS BY THE FALLS IN DERBY

As Ron Knox takes an old, slightly weathered book from one of the dozens of crowded shelves at Books by the Falls in Derby on a recent morning, there is reverence in the way he handles it, and something approaching awe in his voice as he describes it.

There are about 20,000 books in the bookstore, but this book is different than many of them, Knox says. As he ruffles gently through the pages that were printed in the early 1800s, he encourages me to stop and really listen to the distinct sound that pages of books this old make as they turn.

"It's rag paper," he says. "There's a different click to the pages."

There's also a different feel to Books by the Falls, which Knox opened more than three decades ago, and which has survived both the era of the big-box stores and the digital revolution, thanks to its authentic quirk and character.

A wonderland of words brimming with books, the store is home to antiquarian books, pulp science fiction, spy novels, classics, philosophy, new age, beat literature and African-American literature. There are also records, antique items such as old cameras and vintage movie posters. Books by the Falls is housed in a historic, red brick factory that is also home to Bad Sons Beer Co. (See story in Connecticut Table on page 59.)

"Old-timers knew it as the cow factory," Knox says of the space. "They manufactured implements that helped milk cows."

Knox came to the business by accident or fate. He originally occupied the location with his welding business, but started collecting books as a side hobby that just grew.

"The books were my karma, I think. They just started to manifest, and because we didn't throw any out, they just multiplied," he says.

At its height, Books by the Falls had several



PHOTO: BRIANA A. POUNDS

Owner Ron Knox opens a rare edition of the 1926 book *Perronik the Fool* by George Moore, designed by famed designer Bruce Rogers, at Books by the Falls in Derby.

satellite locations and more than 40,000 books at its flagship store in Derby. Those other locations have closed, but the main store is still going strong and drawing collectors from far and wide. Today, Knox says the shop offers more records, posters and other items than it once did. "If we have to sell a bookcase to stay in business, we sell a bookcase," he says.

The secret to used-book success is effective scouting of books, says Knox, who is on the road several days a week buying books. He also works with "scouts" including store employee John Hultgren, who Knox says is one of the best buyers in the state when it comes to finding

pulp-fiction paperbacks.

While antiquarian books can be \$100 or more, there are many books in the store for under \$5. During one visit, an armful of books — including some rare science fiction finds for me and poetry finds for a colleague — cost a mere \$20.

Before I leave, Knox takes a call from a woman interested in buying an old Bible. Knox asks for \$100, but when he learns that the woman is buying the book for her upcoming wedding and only has a budget of \$30, he tells her she can have it at that price, far below what he would normally sell it for, regardless of haggling. "It's a wedding gift," he says. | ERIK OFGANG |

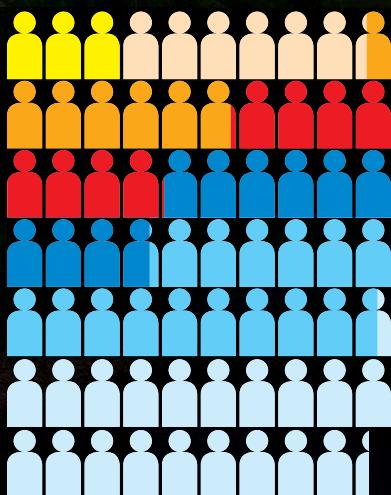
## The VALLEY by the numbers

### population by town

Beacon Falls	6,049
Oxford	12,683
Derby	12,902
Seymour	16,540
Ansonia	19,249
Naugatuck	31,862
Shelton	39,559
Total population:	<b>138,834</b>

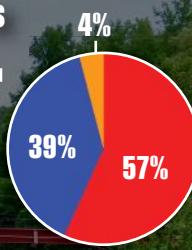
...or roughly 3.9 percent  
of the population of Connecticut

Source: 2010 U.S. Government Census



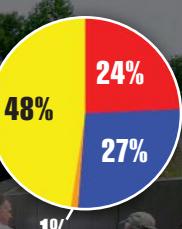
### politics

2016 Presidential election results  
■ Trump  
■ Clinton  
■ Other



### Party enrollment, 2017\*

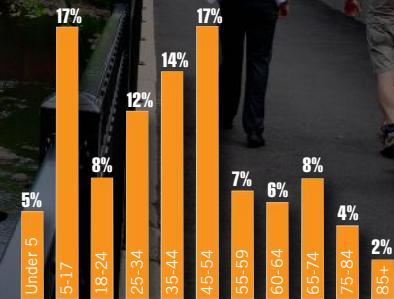
\*Registration and Party Enrollment Statistics as of Nov. 1, 2017



Source: Connecticut Secretary of State

### population by age group

Source: 2010 U.S. Government Census



We Asked Rail Riders...

# How Would Cuts to Metro-North Trains in the Valley Impact You?

As we wrote in our April issue ("Off the Rails"), the state Department of Transportation's Special Transportation Fund is running out of money, and the department needs to figure out how to cut costs. The Waterbury branch line of Metro-North Railroad, which runs from Bridgeport to Waterbury through the heart of the Valley, costs the state more than any other line. In order to get a sense of the train's ridership, we asked people who take the train regularly a few questions: How often do you take the train? For what reason? What would you say to the commissioner of the DOT if you could? | MICHAEL LEE-MURPHY



**Brandon Onidi**

Derby/Shelton  
Going to Naugatuck

"I tell you what that will do. It will affect the people that don't have a car, and they need to go to work and support a family. Most people can't

even own a car. I take the train mostly every day. I started taking it when I was 15, to go to the skatepark in Seymour. It's a shame that they're talking about shutting down the train. They shouldn't be doing that to people who can't drive, and need to go where they need to go. I see a bunch of people from Waterbury who go down to Bridgeport to work. It's a shame that they would have to find another way to get to work. It just makes it harder in life. It's already hard."



**Rich Gambino**

Derby/Shelton  
Going to Waterbury

"I use it for work every day. I get the 9:12 out of Waterbury and I take the 4 o'clock home. It means a lot for me right now.

There's a lot of people with jobs in jeopardy, whose only avenue to get somewhere is the train, you know? If they do stop the trains, they better have buses."



**Tenea Williams**

Ansonia  
Going to Bridgeport

"I work at WIS International in Bridgeport, and I've been taking it every day for two months. It would mean a lot if they cut the train back. The company I work for, we don't have set hours. It varies. At any given time, I might have to get on a train and go to work. I think it's a bad idea [to cut train service]. A lot of people actually need this train. A lot of people go out for jobs or school, and this is the only transportation we have, because you can't count on the bus."



**Walt Ciepiela Jr.**

Derby/Shelton  
Going to Waterbury

"How could they do that? How are the people gonna get to where they go? I'm retired, so let's say I wanted to go play golf up

in Watertown? I'd love to go to that [public meeting], if I can get to it. There's a club I go to up there, the Fraternal Order of Eagles in Naugatuck. There's a lot of people that are involved with the court, they have to go to Waterbury to get drug tested or see a parole officer or a probation officer. And they demand that you be there on time, and a guy can't get there, they can send him back to jail."

## Does whatever a Spider-Man creator can

For decades the nation's third-most successful comic book company, Charlton Comics, operated at the corner of Division Street and Pershing Drive in Derby. Founded in 1945, it went out of business in 1986 but had a history that was sometimes as colorful as the comics it sold. In the words of Eugene Driscoll of the *Valley Independent*, Charlton Comics was "the scrappy, street-fighting cousin of heavyweight champion publishers DC and Marvel." The company — whose co-founders met while one of them was in New Haven County Jail for copyright infringement — developed a reputation for paying employees poorly. At one point a separate division, Charlton Publishing, produced softcore porn.

In its best years, the Derby comic company produced influential work and served as a jumpstart for the careers of several comic book legends. Illustrator Steve Ditko got his start in Derby at Charlton Comics after World War II, and would go on to co-create the *Spider-Man* and *Doctor Strange* comics with the legendary Stan Lee. Most of Charlton's characters live on today at former rival DC, which acquired them in the mid-1980s, and the characters in the classic *Watchmen* series and the subsequent 2009 film were loosely based on the Charlton's more popular heroes.



# It's Time to Celebrate!



Let ShopRite Help you with your next Celebration!

 **ShopRite.com/Catering** 



ShopRite of Milford

ShopRite of Hamden

ShopRite of East Haven

ShopRite of Stratford

ShopRite of Orange

Copyright © 2018 Wakefern Food Corp. All Rights Reserved.

**Super Coupon**

Present This Coupon at Time of Purchase Order,  
Pickup or Delivery to Receive Discount

**\$5.00 OFF**

Toward Your Shopping Order of \$50 or More

With this coupon and an additional purchase of \$50.00 or more (Excluding fuel and prohibited by law). Limit one per family. Void if reproduced, sold or transferred. Cash value 1/100 cent. Good at any ShopRite® store.  
©2018 Wakefern Food Corp. Effective thru Sat., May 26, 2018.

0 039760 9

# the connecticut table

REVIEWS, FEATURES, RESTAURANT LISTINGS



Paella mixta, a top seller  
PHOTOS: MARA LAVITT

## Fusion Done Right

ANSONIA'S LATIN-FOCUSED CRAVE IS TOP-NOTCH CUISINE, RIGHT DOWNTOWN | BY MICHAEL LEE-MURPHY

"Fusion" is a term that occasionally inspires a bit of trepidation. *Jazz fusion* has stood accused of combining the sounds and rhythms of jazz and rock music, losing the soul of both, and creating something less than the sum of its parts. A jack of all trades is a master of none, the thinking goes. Pleasant surprise, then, that Ansonia's Crave is a Latin fusion restaurant that really does everything well, combining a tremendous amount of flavors and cuisines into an exciting menu that has breadth without losing depth.

Crave has been around for some 10 years, and we usually reserve this space for newer restaurants. But in the service of our special issue on the Naugatuck Valley, we thought it appropriate to profile one of the premier restaurants in the region. Crave occupies a

prominent position on Main Street in the former Ansonia Opera House, a stately building where Ansonia boxer Pinky Silverberg fought Frisco Grande in 1927 on his way to the world flyweight championship. Crave is housed in an elegant space that pays tribute to this grand history, with live music seven nights a week, a sprawling menu, and a piano lounge to boot.

Owner Libby Meissner grew up in Puerto Rico and came to the U.S. as a teenager, bouncing around from Buffalo to Miami to Jackson Hole, Wyoming, to Dallas before settling in Ansonia.

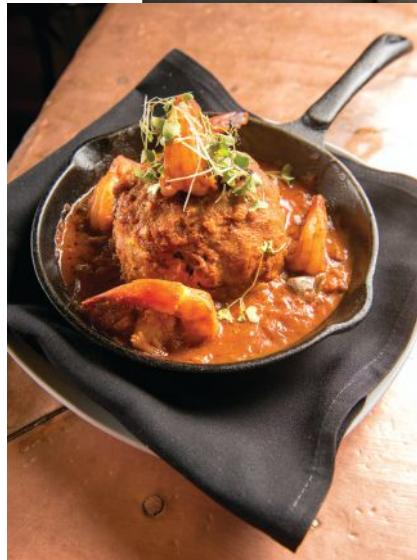


Crave  
Ansonia

"I've taken something from each place I have lived." Her head chef, Fabian Delgado, is Ecuadorian, and so the menu brings together an impressive mix of cuisines. Meissner says the top three sellers at the restaurant are mofongo, paella and short ribs, the former two a perfect tribute to Meissner's background. Two of Meissner's grandparents were from Spain, where paella is a common dish, and mofongo — with smashed plantains, pork rind, garlic, olive oil and either shrimp or churrasco — is announced as a Puerto Rican classic.

The menu is divided into two main sections, "cravings" and the "main event." The cravings section can be treated as an appetizer, as the plates are cheaper and smaller, while the main event is, as you might guess, more of a main course in the \$20-\$30 range. In a recent visit, myself and a companion decided to treat the cravings as a sort of tapas-style selection platter, ordering four items to sample. (Full disclosure: if a restaurant new to me has calamari, I will order it.) Crave's calamari is quite good: lightly breaded and served with cherry peppers and sweet chili sauce.

For those familiar with Latin American food in its infinite varieties, many of the options will be comfortingly familiar. Empanadas are there. Tacos are there. The tacos de carne came with beautifully seared strips of steak, sautéed peppers and onions, and avocado crema served on corn tortillas. (Much of the menu is friendly to the gluten intolerant.) Shrimp is everywhere, and the camarones diablo, or devil shrimp, are excellent, with an array of



**Top left:** Pulpo a la parrilla con chorizo (grilled octopus with chorizo, potatoes and pearl onions)

**Left:** Mofongo (plantains, pork rind, shrimp and chunky tomato creole sauce)

**Opposite page:** Ceviche con frutas de mar (calamar, bay scallops and shrimp with peppers, onions, jalapeños, pineapple and strawberries marinated in lime juice and cilantro)

**Below:** Libby Meissner, owner of Crave

properly spicy Cajun spices and a mango salsa. A lot of times chefs will overdo a spicy dish, slaughtering it with spice and creating a dish that is more confused than intense. Crave does not overdo it.

A highlight of the cravings menu is the pulpo a la parrilla con chorizo, an artfully presented array of grilled octopus with chorizo, potatoes and pearl onions. For those unfamiliar with octopus, get familiar. Crave's version, alone, is worth a visit. Though it was a special, part of a selection that changes weekly, a rigatoni dish with jalapeños and a tequila cream sauce must be mentioned. The creativity of the dish is commendable, representing the best of the fusion concept. "Everybody has to

have a pasta dish, because there's an Italian restaurant on every corner," Meissner says. "How do we take an American staple and make it our own?"

The main event section sees some Italian-inspired dishes sneak in, as well, with a shrimp and chorizo risotto.

Stepping into Crave on a Monday night, one gets the sense it is very much the place to be on Ansonia's Main Street. There is a singer and a guitarist who, while loud enough to be heard throughout the establishment, are not the center of attention. Meissner, for her part, has "nothing but fantastic things to say about Ansonia," while pointing out that Crave pulls in diners from a 50-mile radius.



## Crave

102 Main St., Ansonia  
203-735-3300, [crave102.com](http://crave102.com)

**Price range:** Cravings: \$9-\$17 (tacos de carne \$10, camarones diablo \$10, calamari \$12, pulpo a la parrilla con chorizo \$13), main event: \$19-\$29, desserts: \$6-\$9

**Hours:** Mon. 11 a.m.- 9 p.m., Tue.-Thu. 11 a.m.- 9:30 p.m., Fri.-Sat. 11 a.m.-10:30 p.m., Sun. 4 p.m.-10:30 p.m.

Wheelchair accessible

**AMBIENCE** An open dining room, with a relaxed atmosphere. There are white tablecloths and the food is top quality, yet the atmosphere is relaxed.

**SERVICE** Very attentive and knowledgeable. Our waiter dealt with dietary restrictions adeptly.

**FOOD** Gorgeous. Spicy, richly flavored, creatively assembled, nicely balanced.

The piano lounge at Crave



# Morning Glory

BREAKFAST POWERS THIS NEW RESTAURANT  
FROM THE OWNER OF GOLDBURGERS | BY ERIK OFGANG



"Bricks French toast" — layers of French toast and sweetened cream cheese — is a standout favorite at the new 5 and Dime Canteen in Newington.

The moment the "bricks" of French toast arrived on the counter in front of me, I knew I liked this place. The dish consists of three cubes of layered French toast, with each layer separated by sweetened cream cheese. Topped with powdered sugar and served on a plate surrounded by a swirled sampling of maple syrup, there are few breakfast dishes I've seen that look as appealing.

The taste lived up to the appearance. Rich and heavy, but not to the point where it tasted like dessert, the \$5 dish was a perfect breakfast and the ideal introduction to 5 and Dime Canteen, the new downtown Newington breakfast-and-lunch spot from the owner of GoldBurgers, a beloved Connecticut burger-and-fries joint next door.

Dillon Smith, the restaurant's general manager, says "Bricks French toast" was added to the menu because the restaurant is dedicated to limiting waste.

"We were looking for a way to use some of the slices of bread that weren't presentable for us in terms of sandwiches," he says. One of the leaders of the kitchen, Adam Brick, decided to layer the French toast, making what Smith describes as "sort of French toast lasagna."

The dish is among the most popular items at the restaurant. Other standouts include the breakfast burritos and house-made biscuits and English muffins. The restaurant also offers lunch, and though the sandwiches I sampled were solid, the main draw is the breakfast items, regardless of the time of day.

"We sell probably 80 percent breakfast, 20 percent lunch," says Matt Crowley, who owns 5 and Dime and GoldBurgers. "We'd like to even those numbers out in the long run, but people love breakfast. People eat breakfast all day long."

Crowley opened GoldBurgers in 2008.

The fast-casual restaurant quickly became a statewide burger destination and was named Best Roadside Burger in this magazine multiple times. (Last summer a second GoldBurgers opened on Capitol Avenue in Hartford, but closed after six months.) 5 and Dime opened in late November. Though it has a separate storefront from GoldBurgers, the two are connected inside and staff members can move between both restaurants with ease, which is what appealed to Crowley about the new restaurant and helped fuel its concept.

"It was always a goal of mine to end up with this unit and have a side-by-side business," Crowley says. "It pretty much functions as one business from the inside, but we're two different storefronts. ... It's nice to have a big-brother or big-sister restaurant next to a brand-new restaurant."

Despite this connection, 5 and Dime has a different feel from GoldBurgers. Instead of a fast-casual spot, it has an old-school diner vibe. All seating is at a counter overlooking the food-prep area, and during my visit there was frequent banter between staff and patrons.

Smith says that in addition to the menu offerings, they encourage guests to mix and match ingredients and build their own dishes. "We don't want to make people eat what we think is correct, we want people to be eating what they want," he says. "If you want French toast as a breakfast burrito, we encourage that. If you want to mix home fries with maple syrup, we'll do that for you. If you want to have eggs in your Reuben sandwich, we can do that too."

## 5 and Dime Canteen

1100 Main St., Newington  
860-665-7848, [facebook.com/5anddimect](http://facebook.com/5anddimect)  
Hours: Mon. & Wed.-Sat. 6 a.m.-3 p.m., Sun. 8 a.m.-3 p.m.  
Closed Tue.

Wheelchair accessible

# Classic Valley Cuisine

FROM GRINDERS TO PACZKI, THE VALLEY'S BEST EATS ARE ROOTED IN ITS IMMIGRANT PAST

BY ALBIE YURAVICH, ERIK OFGANG,  
MICHAEL LEE-MURPHY AND MIKE WOLLSCHLAGER

When the fires of industry burned hottest in the Valley's manufacturing heyday, immigrants came in great numbers to work in the region's many factories and pursue better lives. As increasing numbers of groups such as Italians and Poles arrived, restaurants and food shops opened to cater to their needs.

The industrial flames have faded considerably in recent decades, but many beloved, immigrant-rooted eateries have endured, feeding generations of Valley residents while attracting the attention of people across the state. Featuring a great lineup of Italian joints and the best Polish food this side of New Britain, here are the spots to check out in the Valley.

## POLONEZ DELI

SHELTON

This hole in the wall in a tiny strip mall on River Road has the feel of an old-world Polish market. Traditional food such as pierogies and potato pancakes abound, but there are also hard-to-find items and quite possibly the best nut roll you'll find anywhere. They also make their own kielbasa, pickles, sauerkraut, mustard and more. You'll get personal attention because it's such a small shop and, for the customers who are fluent, you can handle your business in Polish. If this type of cuisine was part of your childhood, this is definitely a "like grandma used to make" kind of place.

203-924-7774

## MATTEI'S DELI AND CATERING

DERBY

Hosting a World Cup party this summer? Italy might not have qualified this year (the same can be said for the U.S.), but

### Roseland Apizza

PHOTO: MICHAEL STERN



you can still load up on Italian staples at this neighborhood deli. Party trays that serve 12-15 people include stuffed shells, meatballs and many varieties of chicken. Serving the Valley for more than 35 years, Mattei's also specializes in an array of hot and cold grinders. Highlights are the chicken cutlet, capicola and provolone, and the signature sub, eggplant parmigiana, which might just win over even the most hardened eggplant deniers.

203-735-7997, [matteidelilandcatering.com](http://matteidelilandcatering.com)

## EDDY'S BAKE SHOP

ANSONIA

This downtown bakery closed last summer before being resurrected five months later under the direction of new owner Arlene Cardenas, an Ansonia native who also owns Marjolaine Pastry Shop in New Haven. Before it reopened, Eddy's Bake Shop got a new paint job and some new recipes, but it offers the various ethnic, baked delicacies for which the classic spot has long been known, including the jelly- and fruit-filled doughnuts known as paczki. During a recent visit, we were excited and surprised to find rare — in Connecticut, at least — Jewish pastries such as hamantaschen (triangular pastries made around the holiday Purim) and rugelach (a traditional rolled pastry), in addition to a full assortment of cookies and cakes.

203-735-0501, [facebook.com/eddysbakeshop](https://facebook.com/eddysbakeshop)

## ROSELAND APIZZA

DERBY

The quintessential example of New Haven pizza outside of New Haven proper, Roseland Apizza has been a beloved destination both in the Valley and far beyond it for decades. Nestled in a neighborhood setting not far off Route 34, this old-school Italian restaurant with an eye-catching neon sign offers pies in a variety of flavors as well as classic, big, family-style examples of Italian cuisine, including a highly recommended eggplant parmigiano.

203-735-0494

## CALOROSO EATERY & BAR

SHELTON

Loosely translated, the name of this establishment means warm-hearted

## Eddy's Bake Shop



PHOTO: BRIAN A. POUNDS

in Italian. It's also a mash-up of the last names of the owners — Mathew Calandro and his wife Kelly (maiden name Rosso). Located in the building that was previously home to Center Stage Theatre, this fantastic spot opened in 2012 has received accolades in these pages before — it was one of our picks (under its original name, Verace) for Best Neighborhood Restaurants in our 2013 "Best of Connecticut" feature. In the mood for New Haven-style pizza but not New Haven-style traffic? The nicely charred, thin-crust pies at Caloroso provide another Valley option for (almost) everybody's favorite food. There's also a solid selection of draft beer and, in warmer months, outdoor seating with a long, rectangular fire table and flaming torches.

203-924-2220, [calorososhelton.com](http://calorososhelton.com)

## EUROPOL DELI

ANSONIA

As a living testament to the strong influence Polish immigrants have had on towns throughout the Valley, the Europol Deli in downtown Ansonia boasts a bevy of Polish import products that aren't easy to come by otherwise, and a deli menu replete with delicious Polish food. We recommend the Polish platter off the lunch menu, where for \$8.99 you can get a veritable feast of kielbasa, sauerkraut, pierogies and stuffed cabbage. Europol also does catering if you have any gatherings of homesick family members. (If you're a Polish immigrant or first-generation American, you probably already know about Europol, but if not, it's time to get acquainted.) Hallmark of a vibrant immigrant community? There are Polish newspapers and magazines for sale.

203-735-5350

## LASOWIAK DELI

DERBY

Another Polish deli, with much the same selection as Europol, but like much in the Valley, you have a Derby option and an Ansonia option. Lasowiak offers a similar array of cured meats and sausages known to Polish and Hungarian cuisine. There is also, of course, a selection of soups, breads, and anything to soothe your Pole soul.

203-735-1717



PHOTO: ALBIE YURAVICH

## Nardelli's Grinder Shoppe

### 'THE ORIGINAL' ANTONIO'S

BEACON FALLS

You can be forgiven if you don't know much about Beacon Falls, which has the smallest population in the region and a blink-and-you'll-miss-it downtown. But just off Route 8 and at the northern edge of the town's main drag is this hidden gem of an Italian eatery. While the space is on the small side,

the portions of old-country comfort food are large at Antonio's and ideal for sharing. A fun appetizer is the lasagna poppers, fried pieces of the Italian favorite with marinara for dipping. You'll have to decide for yourself if you're willing to share the lobster baked penne with good-size pieces of meat and ricotta in a vodka sauce. And it will be difficult to not fill up on the bread, which

is made fresh and served with butter, olive oil or hummus. Loaves are available for purchase if you just can't get enough. **203-729-8882, theoriginalantonios.com**

### NARDELLI'S GRINDER SHOPPE

NAUGATUCK AND OXFORD

While a trio of Italian immigrant brothers opened the first iteration of Nardelli's as a market in Waterbury in 1922, the sandwich shop truly came into its own when it opened its Naugatuck location in the late '70s. Today it's the flagship store for 13 franchise locations across western and central Connecticut, including one in Oxford. The shop offers hot specialties such as stuffed eggplant parmigiana and cavatelli, about a dozen types of salads ranging from its signature tossed salad to the cavatelli and broccoli salad, and an assortment of desserts. But with 20 hot and 19 cold varieties, the grinders are the real show. And the star is the Italian combo with pruzitini, capicola, salami and provolone. Try it with Nardelli's "classic mix" of marinated diced veggies and a dash of hot sauce.

**Naugatuck: 203-729-9470**

**Oxford: 203-888-2800, nardellis.com**



## The Valley of Beer

AS CRAFT BEER DRENCHES THE STATE, LOWER NAUGATUCK VALLEY HAS EMERGED AS A HOTSPOT

Say the words "Lower Naugatuck Valley" and the first thing that comes to most people's minds won't be "beer."

But maybe it should be.

Over the past few years, Connecticut, like most of the country, has experienced a brewing renaissance, but nowhere in the state has the craft beer revolution taken hold with greater fervor than in the towns of the Lower Naugatuck Valley. The area boasts three production breweries and several beloved bars known for their craft beer selections. Oxford (population: about 12,700) has two breweries: the popular Black Hog Brewing Co. — try the brewery's nitro stout — and OEC Brewing, a personal favorite of mine and maker of world-class sour beers.

The latest addition to the scene is Bad Sons Beer Co., which opened last summer and wears the Valley on its coat sleeves. Its name is an acronym formed by the first letters of the towns in the Lower Valley — Beacon Falls, Ansonia, Derby, Seymour, Oxford, Naugatuck and Shelton.

"We wanted to identify with the Valley, without calling ourselves Valley Brewing. We were trying to be more creative than that," says Mike Student, who is one of the owners of Bad Sons and conceived of the name.

The brewery is repping the area in style, with a beautiful taproom housed in a converted factory on Route 34 in Derby that was designed with the visitor experience in mind. There is a large outdoor patio area, an eye-catching industrial design and plenty of space inside. Guests can order food directly from the bar from a rotating list of local restaurants that includes nearby favorites such as Roseland Apizza and Dew Drop Inn.

Beyond its name being a nod to the Valley, Bad Sons also supports local nonprofits with a charity tapline. One dollar per beer ordered at the line goes to a rotating Valley charitable organization.

And the Valley's beer scene doesn't begin or end with its breweries. The region is also home to some of the best beer bars in the state. The Hops



From left, Katie and Eric Tuttle, of Seymour, and Tim Davis, of Ansonia, enjoy a beer at Bad Sons Beer Co. in Derby.

PHOTO: BRIAN A. POUNDS

Company in Derby has become a beer-drinker's destination thanks to its 40 taplines and 4½-acre outdoor beer garden. The Dew Drop Inn, also in Derby and only a few hundred yards away from Bad Sons, is known for a strong beer selection in addition to its chicken wings. The Corner Tavern in Naugatuck is another popular Valley beer destination, and newcomer Sherman's Taphouse in downtown Derby has recently emerged as a favorite spot for craft beer fans.

"The Valley has changed quite a bit since I grew up here," Student says. "There's a tremendous amount of new restaurants and businesses. It's a great community, and a very loyal community. When you go out in the Valley, if you grew up in the Valley, you're sure to bump into someone you know."

As the brewery's website states: "Bad Sons is a craft brewery built upon the independent spirit that lives in Connecticut's historic lower Naugatuck River Valley."

I'll gladly drink to that. | ERIK OFGANG |

# The Delicious Art of Conversation

NOIR STAMFORD HAS CUSTOMERS TALKING ... AT LEAST, UNTIL THE FOOD ARRIVES | BY MIKE WOLLSCHLAGER

Carrin Schechter has a background in the art world and spent time working in the galleries of New York City. That attention to detail, having an eye for what people want, is now being put to use at Noir Stamford in the city's downtown. She's dealing in dining and plating instead of painting and photography, but still approaches this passion with the same gravity. "When you have a really good chef and you're putting out good food, it's a craft," Schechter says.

Prior to opening Noir in October 2015, she experimented with recipes and frequently cooked for large dinner parties, saying her social life revolved around food. Now her professional life does too. Understandably, someone with Schechter's background is going to pay particular attention to appearance and ambiance. What's on the plate is just as important as what the plate is on, and presentation matters as much with dishes as it does with decor. Food has always been an extension of art to Schechter, and she wanted a space that had an artistic feel. "I took one drive by the place and I just loved it," Schechter says. "It was little, quaint, and that's all it took. I saw it, I loved it, I wanted to make it work."

Making it work included a major interior renovation. A low ceiling with acoustic tiles gave way to a high, wood-beamed ceiling with black chandeliers. Walls were pushed back. Stairs and bathrooms were moved. Painter and television host Bob Ross often spoke of "happy accidents" that occur when creating a work of art. The happy accident at Noir was a miscommunication with the contractor which led to plaster being



PHOTO: MIKE WOLLSCHLAGER

removed from the walls, exposing marred brick that Schechter says she now loves.

But the pièce de résistance happens to be the only piece of art hanging in the cozy, 40-seat dining room: a mysterious, black-and-white Leonard Freed photo that shows two shadowy figures — one, the assumed aggressor, almost completely shielding his face with what looks like a book — in a seemingly intense conversation. Schechter first saw it in the early 1980s in a magazine article previewing a European photography

show that was coming to New York, ripped the page out and kept it through the years.

"I was standing in my mother's kitchen, flipping through the [magazine] and I instantly saw that and I loved it," Schechter says. "I was laughing because I was involved in the art world and I know how people are very opinionated about what they consider art, or what they consider good art. And I've witnessed a lot of these conversations. I've had them myself. And I just liked it. I loved the high contrast as well. Every time I moved, and I've moved fairly frequently, I would just kind of tack it to my wall."

Schechter had the photo reproduced on a large canvas, and now it's symbolic of the theme of the restaurant, while also serving as a conversation starter for Noir's guests. Not knowing that was its intention, I can attest that it absolutely served its purpose at my table. But I wasn't at that table for art appreciation, or conversation for that matter. Good thing too, because the conversation all but stopped when the food arrived.

We ordered three small plates and an entrée to split, making the tough decision to pass on a few intriguing items — namely the French onion soup, charcuterie boards (poached pear, brie and blueberry), lamb lollipops (a small plate), and the cavatelli with shredded short ribs entrée. What we did decide on left us with no regrets, just a desire to return.



A reproduction of a Leonard Freed photograph makes for a striking conversation piece.

The calamari (\$11) was perfectly done — all rings, lightly breaded, crispy and served with both marinara and a delightful lemon aioli. We ordered the beef brochettes (\$14) without really knowing what it was, but were pleased to find out it was basically bruschetta (which should have been obvious, in hindsight) topped with a thick slice of roast beef, horseradish, arugula and shaved pecorino cheese. The third small plate was braised short rib (\$16), which seems to be on every menu these days. “People want it,” Schechter says. “If I take it off the menu they want to know where it is. ... Everyone’s got them because everybody wants to eat them.”

Noir’s iteration on this night was topped with fried onions and served over roasted Brussels sprouts. It is also sometimes served with caramelized onions and Comté cheese, and like leaves on trees, will change with the seasons. “I want to be able to introduce people to new things,” Schechter says, “but at the same time I don’t want to disappoint them that something they love is no longer on the menu.” She also wants to shift toward more specials and less menu, adding a little suspense and keeping with the theme.

Our entrée was pan-seared scallops (\$20), and it was immediately evident it was the right choice. Tender, flavorful and served with risotto, arugula cream, and roasted cauliflower, it was a unique take on a common dish and executed flawlessly. And while science has yet to explain why, sweet chocolate lava cake (\$8) goes down easy no matter how full you are.

Noir has a full cocktail menu, beer and a nice wine list that includes French, Spanish and California selections that also change with the seasons. In the summer the front windows come out and big flower boxes go in. There’s no outdoor seating, but Schechter says it has the feel of an outdoor restaurant in the summer. She’s also thrilled with her location for more reasons that just the space itself.

“I really love being on that block,” Schechter says, noting that Summer Street has a bit of a New York feel and reminds her of her time living in downtown Manhattan. “It’s become much more of a neighborhood, and that’s nice to be part of that. ... That’s why I wanted to be there.”

## Noir Stamford

225 Summer St., Stamford

203-323-2711, [noirstamford.com](http://noirstamford.com)

Hours: Tue.-Fri. 5-10 p.m., Sat. 5-11 p.m., Sun. 11:30 a.m.-3 p.m. (brunch). Closed Mon.

Wheelchair accessible

# openings

A monthly look at some of what's new and exciting on the Connecticut dining scene

## Roasted Sandwich Company, Stamford

This high-end sandwich spot offers a variety of panini and other sandwiches. The sleek eatery is the sister shop of Melt Sandwich Shop in White Plains, New York. It also features sides such as fries and macaroni and cheese, as well as a full bar with wine, cocktails and local beers. It is owned by husband and wife Bill and Kristin Hall. **148 Bedford St., 203-614-8255, [roastedsandwich.com](http://roastedsandwich.com)**

## Bob Al Salam Restaurant, Orange

The menu at this new Middle Eastern restaurant just off the Post Road instantly got our attention. Options include shawarma lamb and chicken, whole rotisserie chicken, falafel sandwiches and classic side dishes from the region including hummus, baba ganoush, and tabouli and grape leaves. Other items that caught our eye include the Syrian salad made with lettuce, tomato, cucumber, onions, parsley, vinegar or lemon juice, and olive oil.

**254 Bull Hill Lane, 475-209-9444**

## Scotch Plains Tavern, Essex

Recently opened at the site of the former Oliver’s Tavern, this new addition to the Essex dining scene has a wide-ranging menu with an emphasis on steak, burgers, sandwiches and seafood. There are also wood-fired flatbreads. The rustic decor of the tavern features many nods to the old-school, nautical feel of Essex. Patrons get a sense of the place right away as they enter through a giant scotch barrel.

**124 Westbrook Road, 860-662-4032, [scotchplainstavern.com](http://scotchplainstavern.com)**

## Main Street Pint and Plate, Bristol

Opened April 1 in downtown Bristol, Main Street Pint and Plate seeks to become a dining and drinking destination. It occupies the space that was formerly home to Barley Vine and is owned and operated by husband-and-wife team JR and Leanne Rusgrove. They are seasoned restaurant owners who also own Parkside Cafe in Bristol and are the former owners of Garnish and Cafe 2 North in Wolcott. **182 Main St.**

## Kaliubon Ramen, Wethersfield

This ramen spot has made a splash on social media with praise being given to the house-made noodles and drinks list. The signature offerings include shoyu, wonton, tonkatsu and miso ramen. Beyond noodles, a variety of Asian fusion dishes include chicken wings with garlic soy sauce and several bao options. **1323 Silas Deane Hwy., 959-230-4533, [facebook.com/kaliubonramen](http://facebook.com/kaliubonramen)**

*Know of a new Connecticut restaurant?*

*Email Erik Ofgang at [eofgang@connecticutmag.com](mailto:eofgang@connecticutmag.com).*

PHOTO: MATTHEW BROWN



A chili brown sugar brisket southwestern flatbread sandwich from the Roasted Sandwich Company in Stamford.

# Shandals Vegetarian Cafe

CARIBBEAN VEGAN FOOD IS PLANT-BASED WITH MAXIMUM TASTE

With products such as tofurkey and veggie burgers, consumers have long been trying to eat healthier while also satisfying their cravings for meat. At Shandals Vegetarian Cafe in Bridgeport — a tiny spot on the corner of Main Street and Capitol Avenue you can easily miss if you're not looking for it — one-man show Shayenne Matthew will fill you up and have you feeling like you're not missing a thing.

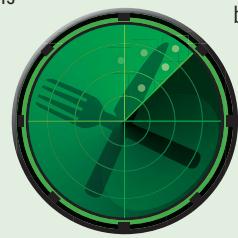
A native of Antigua, Matthew came to the U.S. in the late 1980s. While living in the Bronx he and his girlfriend decided to move to Connecticut, and they opened Shandals together in 2005. "She was the inspiration, but I was the creator," Matthew says. She passed away in 2008, but Matthew has kept their vision alive in the decade since.

Everything served at Shandals is 100 percent vegan, in accordance with the dietary practices of Matthew's Rastafari faith. "It was a movement where, we say, 'back to the earth,' and everything has to be natural." Well aware there's a segment of the population that is willing to eat vegetarian as long as it looks and tastes like meat, Matthew has spent years perfecting his recipes, and the presentation. There's a certain mental element in vegan cooking that doesn't come into play in many cuisines. "When I first started, I said, 'Well, I have to create the food in such a way to get people away from the dependency of eating meat.' And over time I honed my skills and got it the way I want."

When you enter Shandals (named for the many chandeliers that used to hang inside), Matthew will be standing behind the cafeteria-style display counter which contains about 15 colorful and appetizing options. It's immediately evident there's nothing boring about Caribbean vegan. You can order six items for \$10 or four for \$8. (Just cough up the extra two bucks.)

Meat-eaters' eyes will be drawn to a pair of trays right in the middle — barbecue tofu and vegan chicken. On a return visit just a few days after my original trip, I told him that as an unabashed carnivore, those two were my favorites. "That's the idea of these creations," he says.

The Rasta Pasta, made with vegetable protein, is a truly great-tasting dish. Sunshine tofu, rice and beans, and brown stew tofu rounded out my original six. The second time there I tried the curry potatoes with vegan chicken — the only spicy offering on the menu — and haven't been able to get it off my mind since. I can't say Shandals exceeded my expectations, but only because I wasn't sure what to expect. Now my eyes are wide



## UNDER THE RADAR

open, and it's not just from the curry.

Matthew is an endearing guy who will patiently list and explain all 15 dishes to any customer who asks. (He'll do it twice if you're a reporter who forgets to write it down the first time.) And he doesn't come across the least

bit preachy or condescending despite his beliefs. He knows people are going to eat meat; he's just happy to be able to provide an alternative. "We always say as Rasta, we're not supposed to eat the things that breathe the same [air], like us. So with that, we leave the animals alone. They have their young to feed, just like us. They have families. We may not understand it, but they do."

Shandals has a loyal clientele, presumably because of both the food and the man who makes it. The radio's always on and Matthew just may be singing a tune himself — he's the lead singer in a reggae band in what little free time he has. "I have people that have been coming here from the very first day that I opened, when they had a march. They were protesting against cruelty to animals," Matthews says. "I still have those customers from 2005. They still come."

| MIKE WOLLSCHLAGER |

### Shandals Vegetarian Cafe

520 Capitol Ave., Bridgeport

203-331-9777

Hours: Mon.-Sat. noon-9 p.m. Closed Sun.

Wheelchair accessible



PHOTOS: MIKE WOLLSCHLAGER

**Top:** Shayenne Matthew is cooking up tasty vegetarian fare at his hidden-in-plain-sight spot on Capitol Avenue in Bridgeport.

# dining guide

MAY 2018



Fairfield .....	63
Hartford .....	63
Litchfield.....	64
Middlesex.....	65
New Haven .....	66
New London .....	67
Tolland .....	67
Windham .....	67

## | Fairfield County |

**b Restaurants • Burgers** Gourmet burgers and a wide selection of beers and bourbons, with unique local offerings at each location. • 1262 Post Road, Fairfield, 203-955-1208; 230 Tresser Blvd., Stamford, 203-964-8353 [burgersbeerbourbon.com](http://burgersbeerbourbon.com). Open daily. L D LS, SB (Fairfield only), \$, WA

**Basso Cafe • Mediterranean** Casual fine dining establishment offering Mediterranean Latin fusion cuisine in a cozy and chic atmosphere. Bar offers a full wine, beer and craft cocktail list. • 124 New Canaan Ave., Norwalk, 203-354-6566 [bassobistrocafe.com](http://bassobistrocafe.com). Closed Mon. L (Tues.-Sat.), D, \$\$\$

**Butcher's Best Country Market • Deli • RC** Meats are hand-selected, trimmed and cooked, prepared take-home or in your favorite sandwich to go. Traditional and special salads are also available. • 125 S. Main St., Newtown, 203-364-0013 [butchersbestmarket.com](http://butchersbestmarket.com). Closed Sun. L, \$

**Elm • American** Drawing inspiration from a local network of farmers and artisans, the inventive and seasonally inspired cuisine here is made with the freshest local, top-quality ingredients and served in an elegant, minimalist environment. • 73 Elm St., New Canaan, 203-920-4994 [elmrestaurant.com](http://elmrestaurant.com). Open daily. L (Mon-Fri) D SB, \$\$, WA

**Homestead Inn — Thomas Henkelmann • French** Upscale French restaurant features impeccable service, comfortable surroundings, an extensive wine list and creative French food. • 420 Field Point Road, Greenwich, 203-869-7500 [homesteadinn.com/thomas-henkelmann](http://homesteadinn.com/thomas-henkelmann). Closed Sun.-Mon. L (Tue-Fri), D, \$\$, WA

**Hoodoo Brown BBQ • American • EP RC** This laid-back barbecue bar and restaurant features a delicious blend of Texas, Kansas City, Carolina and other styles that will leave you craving more. • 967 Ethan Allen Hwy., Ridgefield, 203-438-6033 [hoodoobrownbbq.com](http://hoodoobrownbbq.com). Closed Mon. L (Fri-Sun) D LS, \$, WA

**Ichiro • Sushi** Ichiro offers a combination of Asian fusion, sushi and hibachi entrees. Enjoy the full-service bar and the shows put on by the hibachi chef. • 69 Newtown Road, Danbury, 203-792-8881 [ichirodanbury.com](http://ichirodanbury.com). Open daily. L D LS, \$\$, WA

**Joseph's Steakhouse • American • EP** Known for a New York-style steakhouse experience with gems such as prime dry-aged beef. • 360 Fairfield Ave., Bridgeport, 203-337-9944 [josephssteakhouse.com](http://josephssteakhouse.com). Open daily. L (Mon-Fri) D, \$\$, WA

**Local Kitchen and Bar • American** Craft beer is the name of the game here with more than 30 lines including rare local, national and international gems. • 68 Washington St., Norwalk, 203-957-3352; 85 Mill Plain Road, Fairfield, 203-955-1919 [sonolocal.com](http://sonolocal.com), [fairfieldlocal.com](http://fairfieldlocal.com). Open daily. L D SB, \$\$, WA

## Nouveau Monde Wine Bar & Bistro • American • EP RC

This stylish bistro serves elevated American comfort food with an elegant ambiance. Seasonal entrées are served with a wine list with dozens of wines by the glass and well over 100 by the bottle, along with a curated craft beer, spirits, port and sherries list. • 6 Washington Ave, Sandy Hook, 203-491-2723 [nouveaumondewinebar.com](http://nouveaumondewinebar.com). Open daily. D SB, \$\$, WA

**Pho Vietnam • Vietnamese • RC** A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Road, Danbury, 203-743-6049 [phovietnamrestaurant.com](http://phovietnamrestaurant.com). Open daily. L D, \$\$, WA

**Positano Ristorante • Italian** This restaurant has been owned and operated by the Scarpati family since 1999. Owner and chef Giuseppe Scarpati was born on the island of Ponza, Italy, and his cuisine focuses on all-natural cooking, with fresh fishes, meats, fruits, vegetables, and aromatic herbs. • 27 Powers Court, Westport, 203-454-4922 [positanorestaurantwestport.com](http://positanorestaurantwestport.com). Open daily. L D SB, \$\$, E

**Roberto's • Italian** Excellent Italian food with attentive service, plus catering and a full-service banquet facility. • 505 Main St., Monroe, 203-268-5723 [robertosmonroe.com](http://robertosmonroe.com). Open daily. L (Sun) D, \$\$, WA

## Sal e Pepe Contemporary Italian Bistro •

**Northern Italian • RC** Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specials and classics with a modern twist. • 97 South Main St., Newtown, 203-426-0805 [salepererestaurant.com](http://salepererestaurant.com). Open daily. L (Mon-Fri) D, \$\$, WA

## The Schoolhouse at Cannondale •

**American • EP** With the motto "Fine. Fresh. Simple," the owners seek out the best sources of ingredients and treat them simply and with respect. • 34 Cannon Road, Wilton, 203-834-9816 [schoolhouseatcannondale.com](http://schoolhouseatcannondale.com). Closed Mon. L (Fri-Sat) D (Wed-Sat) SB, \$\$, WA

**The Sitting Duck Tavern • American** Neighborhood tavern committed to using regionally and locally grown produce and products. • 3694 Main St., Stratford, 203-873-0871 [sittingducktavern.com](http://sittingducktavern.com). Open daily. L D LS SB, \$\$, WA

**The Spinning Wheel • American • RC** Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic-style pub has 12 types of beer on tap, a rum-inspired drink menu and is housed within a renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, 203-664-4000 [swredding.com](http://swredding.com). Closed Mon. L (Thu-Sat) D SB, \$\$, WA

**Tequila Mockingbird • Mexican** The food here is made with traditional ingredients when possible, including imported chiles. Tequila is taken seriously as well, with bartenders receiving tequila training in Mexico. • 6 Forest St., New Canaan, 203-966-2222 [tequilamockingbirdnc.com](http://tequilamockingbirdnc.com). Open daily. D, \$\$, WA

**Wafu Asian Bistro • Asian** Upscale dining with a frequently changing menu that utilizes local ingredients. • 3671 Post Road, Southport, 203-254-2288 [wafuasianbistro.com](http://wafuasianbistro.com). Open daily. L D, \$, WA

**Walrus + Carpenter • Barbecue • EP** Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport, 203-333-2733 [walruscarpenterct.com](http://walruscarpenterct.com). Closed Mon. L (Wed-Sun) D LS, \$\$, E WA

## | Hartford County |

**@ the Barn • American** This 170-seat, 4,000-square-foot ultra-sleek steakhouse and wine bar features multiple dining areas, steaks, seafood, small plates and a wine list selected by a certified sommelier, as well as a wide array of martinis, specialty cocktails and craft beers. • 17R E. Granby Road, Granby, 860-413-3888 [atthebarngranby.com](http://atthebarngranby.com). Closed Mon. L D (Tues.-Sun) SB, \$\$, WA

**b Restaurants • Burgers** Gourmet burgers and a wide selection of beers and bourbons, with unique local offerings at each location. • 120 Hebron Ave. #6, Glastonbury, 860-430-9737; 4 Railroad St., Simsbury, 860-658-4477; 138 Park Road, West Hartford, 860-231-1199 [burgersbeerbourbon.com](http://burgersbeerbourbon.com). Open daily. L D LS, SB (Glastonbury only), \$, WA

**Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP RC** Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 971 Farmington Ave., West Hartford, 860-218-2100 [barcelonawinebar.com](http://barcelonawinebar.com). Open daily. D LS SB, \$\$, E, WA

**Carbone's Kitchen • Italian** Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, 860-904-2111 [carboneskitchen.com](http://carboneskitchen.com). Open daily. L (Mon.-Fri.) D, \$\$, WA

**Carbone's Ristorante • Italian** This old-school, fine-dining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster pappardelle, grilled scottish salmon and eggplant, and veal cuscinetto. • 588 Franklin Ave., Hartford, 860-296-9646 [carbonesct.com](http://carbonesct.com). Closed Sun. L (Mon.-Fri.) D, \$\$, WA

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Average entrée prices are based on dinner entrées: \$ — inexpensive (under \$15); \$\$ — moderate (\$15-\$25); \$\$\$ — expensive (over \$25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access); EP = 2018 Experts' Pick; RC = 2018 Readers' Choice.

## | dining guide | hartford county

**J. Timothy's Taverne • Gastropub • EP RC** This historic pub offers up casual fare such as the famous "dirt wings," prime rib, chicken pot pie and French onion soup. • 143 New Britain Ave, Plainville, 860-747-6813 [jtimothys.com](http://jtimothys.com). Open daily. L D LS, \$\$, WA

**Max Downtown • American** Features global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. • 185 Asylum St., Hartford, 860-522-2530 [maxdowntown.com](http://maxdowntown.com). Open daily. L (Mon.-Fri.) D LS, \$\$\$, WA

**Max Fish • Seafood** Lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, 860-652-3474 [maxfishct.com](http://maxfishct.com). Open daily. L D LS SB, \$\$, WA

**Max's Oyster Bar • Seafood • RC** Modern renditions of classic American seafood in an atmosphere reminiscent of a big-city oyster bar. • 964 Farmington Ave., West Hartford, 860-236-6299 [maxrestaurantgroup.com/oyster](http://maxrestaurantgroup.com/oyster). Open daily. L D LS SB, \$\$, WA

**ON20 • Contemporary French / American • EP RC** Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, 860-722-5161 [ontwenty.com](http://ontwenty.com). Closed Sun. L (Mon-Fri) D (Thu-Sat), \$\$, E

**Ruth's Chris Steak House • Steak** Famously known as "the steak that speaks for itself," the steaks served here are customer-aged USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, 860-666-2202 [ruthschris.com](http://ruthschris.com). Open daily. L (Sun) D, \$\$\$, WA

**Trumbull Kitchen • American** "Global comfort food" is served at communal tables at this sophisticated city brasserie. • 150 Trumbull St., Hartford, 860-493-7417 [maxrestaurantgroup.com](http://maxrestaurantgroup.com). Open daily. L (Mon-Sat) D LS, \$\$, WA

**Vint Wine Bar & Kitchen • Tapas** This exciting restaurant in Blue Back Square serves over 70 wines by the glass along with an ambitious small-plates menu. • 63 Memorial Road, West Hartford, 860-206-4648 [vintwinebar.com](http://vintwinebar.com). Open daily. L D LS SB, \$\$, WA

## | Litchfield County |

**Arethusa al Tavolo • New American • EP** This high-flying, country restaurant serves a rotating seasonal menu of sparkling dishes using ingredients from their namesake dairy farm. • 828 Bantam Road, Bantam, 860-567-0043 [arethusaaltavolo.com](http://arethusaaltavolo.com). Open Thurs.-Sun. L (Sat-Sun) D, \$\$\$, WA

**The Cookhouse • Barbecue** "Slo-smoked" baby-back ribs and pulled pork are the name of the game here. • 31 Danbury Road (Route 7), New Milford, 860-355-4111 [thecookhouse.com](http://thecookhouse.com). Open daily. L D, \$\$, WA

**Litchfield Saltwater Grille • Seafood** Casual and fine dining with seafood, raw bar, meat, vegetarian and kids menu options. Happy hour is Mon.-Fri 4-6 p.m., and the lounge is open late Fri. & Sat. Outdoor patio and private dining available. • 26 Commons Drive, Route 202, Litchfield, 860-567-4900 [litchfieldsaltwatergrille.org](http://litchfieldsaltwatergrille.org). Open daily. L (Wed-Sun) D, \$\$\$, E, WA

**Mountainside Café • Farm to Table** Modern rustic cafe offers up a fresh approach to American classics, such as the Country Burger and the Johnny Cash Skillet, in a warm and casual atmosphere. • 251 Route 7 South, Falls Village, 860-284-7876 [mountainside.com/cafe](http://mountainside.com/cafe). Open daily. B LS SB, \$, WA

**The Old Oak Tavern • American** Rustic tavern offering American comfort foods like homemade mozzarella sticks, corn and clam chowder, and Southern fried chicken in a rustic tavern environment. Local craft brews available on tap. • 1 South Kent Road, Gaylordsville, 860-355-1100 [theoldoaktavern.com](http://theoldoaktavern.com). Open daily. L (Fri-Sun) D SB, \$\$, E WA

**The Restaurant at Winvian Farm • French • EP** Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. Smart casual attire and reservations required. • 155 Alain White Road, Morris, 860-567-9600 [winvian.com](http://winvian.com). Closed Mon.-Tues. L (Sat-Sun) D, \$\$, WA

**The White Hart • Farm to Table • EP** High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Road, Salisbury, 860-435-0030 [whitehartinn.com](http://whitehartinn.com). Open daily. L (Mon, Wed, Fri) D, \$\$, WA



Bella' Gio



Come enjoy our new seasonal cocktails  
and menu in our expanded dining area



835 West Main Street, Cheshire, CT 06410  
203.439.9175 • [www.bellagiocct.com](http://www.bellagiocct.com)

NOT FAR FROM WHERE YOU ARE

WILLIMANTIC BREWING COMPANY  
967 MAIN STREET WILLIMANTIC, CT  
860-423-6777 [WILLIBREW.COM](http://WILLIBREW.COM)

[Facebook](https://www.facebook.com/willibrew) [Instagram](https://www.instagram.com/willibrew/) [@willibrew](https://twitter.com/willibrew)

**The White Horse Country Pub • American • EP RC**

Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones — shepherd's pie, fish-and-chips and bangers and mash. Outdoor dining in warmer months provides a delightful experience.

• 258 New Milford Tpke., Washington, 860-868-1496  
[whitehorsecountrypub.com](http://whitehorsecountrypub.com). Open daily. L D SB, \$\$, WA

**Winvian • American**

Simplicity and indulgence converge with fresh and spontaneous farm-to-table menus and an eclectic wine selection. Reservations are required. • 155 Alain White Road, Morris, 860-567-9600  
[winvian.com](http://winvian.com). Closed Tues. L (Sat-Sun), D, \$\$, WA

**Middlesex County |****Angelico's Lake House • American**

Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. • 81 North Main St., East Hampton, 860-267-1276  
[angelicoslakehouse.com](http://angelicoslakehouse.com). Closed Mon-Tues. D L (Sat) SB, \$\$, E, WA

**Baci Grill • Modern Italian** Try house specialties like cider glazed salmon, chicken sausage and broccoli rabe pasta, and Guinness marinated flank steak at this casual, trendy restaurant. Banquets only on Sunday. • 134 Berlin Road, Cromwell, 860-613-2224 [bacigrill.com](http://bacigrill.com). Open daily. L D LS, \$\$, E, WA

**Celtic Cavern • Gastropub** Middletown's first-ever gastropub, featuring 18 beers on tap and a dynamic menu designed to tempt every palate. • 45 Melilli Plaza, Middletown, 860-894-2954 [celticcavern.com](http://celticcavern.com). Open daily. L D LS, \$\$, E, WA

**Chester's Barbecue • Barbecue • EP RC** Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 10 West Main St., Clinton, 860-669-6868 [chestersbbq.com](http://chestersbbq.com). Open daily. L D, \$\$

**[chow] • New American** This rustic, family-friendly spot serves up favorites like BBQ meatballs, pulled pork and burnt end croute, plus craft pizza and drink options. • 36 Killingworth Tpke., Clinton, 860-669-6200 [chowfoodandbeverage.com](http://chowfoodandbeverage.com). Open daily. L (Tue-Sun) D SB, \$\$, WA

**Cuckoo's Nest • Mexican • RC** Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, and Cajun shrimp and scallops for more than 40 years. • 1712 Post Road, Old Saybrook, 860-399-9060 [cuckoosnest.biz](http://cuckoosnest.biz). Open daily. L D SB, \$\$, E, WA

**Dattilo Fine Italian at Water's Edge Resort and Spa • Italian** Enjoy spectacular ocean views and Italian specialties like veal romano, wild mushroom arancini and lobster ravioli. And don't forget the award-winning Sunday brunch. • 1525 Boston Post Road., Westbrook, 860-399-5901 [watersedgeresortandspa.com](http://watersedgeresortandspa.com). Open daily. B L (Mon-Sat) D SB, \$\$, E, E

**Eli Cannon's Tap Room • Beer Bar • EP** The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap. • 695 Main St., Middletown, 860-347-3547 [elicanons.com](http://elicanons.com). Closed Mon. L (Fri-Sun) D LS, \$, WA

**The Griswold Inn • American** The beloved 1776 "Gris" features classic New England cuisine in the dining room, small plates and 50 wines by the glass in the wine bar, and a lively taproom. • 36 Main St., Essex, 860-767-1776 [griswoldinn.com](http://griswoldinn.com). Open daily. L D SB, \$\$, E, WA

**Iguanas Ranas Taqueria • Mexican** Affordable, fresh and authentic Mexican food served fresh and with home-style taste. • 484 Main St., Middletown, 860-346-8630 [iguanastranasataqueria.com](http://iguanastranasataqueria.com). Closed Sun. L D, \$, WA

**La Foresta • Italian** This big and beautiful ristorante serves garden-fresh, ingredient-driven fine Northern Italian cuisine. It also has a VIP wine cellar and one of the state's best wine selections. • 163 Route 81, Killingworth, 860-663-1155 [laforestarestaurant.com](http://laforestarestaurant.com). Open daily. L (Mon-Fri) D, \$\$, E, WA

**Lenny & Joe's Fish Tale • Seafood • RC** This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 86 Boston Post Road, Westbrook, 860-669-0767 [lfishtale.com](http://lfishtale.com). Open daily. L D, \$\$, WA

**Luce • American • EP** Have your aged steaks grilled over wood chips—there are 20 types to choose from. Offers seafood, an extensive wine list and a great bar atmosphere. • 98 Washington St., Middletown, 860-344-0222 [luect.com](http://luect.com). Open daily. L D LS, \$\$, WA

**Luigi's • Italian** Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmesana, whole clams, steak teriyaki and other dishes. • 1295 Boston Post Road, Old Saybrook, 860-388-9190 [luigis-restaurant.com](http://luigis-restaurant.com). Closed Mon. L D, \$\$, WA

**PREPARE FOR THE PATIO!**

It's that time of year again. The time to indulge in craft cocktails and the full Celtic menu **OUTDOORS**.

**CELTIC CAVERN**

45 Melilli Plaza, Middletown  
[celticcavern.com](http://celticcavern.com)

Open at 4pm Monday & Tuesday  
 Happy Hour from 4pm-6pm  
 Open at 11:30am Wednesday - Sunday  
 Happy Hour from 3:30pm-6pm Wed.-Fri.  
 and 1pm-5pm on Sunday  
 Lunch Menu Wednesday - Saturday

Seafood, Steaks and More!  
 Live Music  
 Thursdays and Fridays

Second Wednesday Every Month  
 Wine Dinner  
 May - Vive Le France!  
 Outdoor Dining  
 Kid Friendly  
 Support Our Charity of the Month!



*Come for the Food. Stay for the Fun.*

26 Commons Drive Litchfield, Connecticut  
[www.saltwater-grille.com](http://www.saltwater-grille.com) 860-567-4900

**PERFECTLY PREPARED SKILLET-COOKED STEAK, FRESH SEAFOOD, DAILY BAR ROOM SPECIALS**

**Welcome to our house.**

**Chateaubriand, lobster & filet mignon paella, the best burgers and the finest cocktails...all this and more at New Haven's best and newest steak house!**



Executive Chef  
 Attilio Marini

**CAST IRON CHEF**  
**CHOP HOUSE & OYSTER BAR**

660 State Street, New Haven  
 203-745-4669

Lunch Mon-Fri noon-2:30pm  
 Dinner Mon-Thurs 3-11pm,  
 Fri-Sat 3pm-1am, Sun 3-11pm  
 Valet parking Fridays & Saturdays

[CastIronChefChopHouse.com](http://CastIronChefChopHouse.com)



## | dining guide | middlesex county

**Mondo • Pizza** This casual, family-owned restaurant specializes in brick-oven, New York-style thin crust pizza. There is also a beer and wine bar. • 10 Main St., Middletown, 860-343-3300 [mondomidetown.com](http://mondomidetown.com). Open daily L D, \$\$, WA

**Puerto Vallarta • Mexican • RC** Authentic, traditional Mexican cuisine is prepared fresh daily – sometimes even at your table – mixing time-honored recipes with innovative culinary techniques. • 200 Main Metro Square, Middletown, 860-852-0080 [puertovallartausa.com](http://puertovallartausa.com). Open daily. L D, \$\$, WA

### | New Haven County |

**Adriana's • Italian** Old-fashioned Italian fare, served up in generous portions. • 771 Grand Ave., New Haven, 203-865-6474 [adrianasnewhaven.com](http://adrianasnewhaven.com). Open daily. L (Mon-Fri) D LS, \$\$, WA

**b Milford • Burgers** Gourmet burgers and a wide selection of beers and bourbons, with unique local offerings at each location. • 1638 Boston Post Road, Milford, 203-713-8700 [burgersbeerbourbon.com](http://burgersbeerbourbon.com). Open daily. L D LS SB, \$, WA

**Baja's • Mexican • EP** Casual, authentic Mexican food. • 63 Boston Post Road, Orange, 203-799-2252. Open daily. L D, \$\$, WA

**Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP RC** Hip restaurant serving Spanish and Mediterranean cuisine. • 155 Temple St., New Haven, 203-848-3000 [barcelonawinebar.com](http://barcelonawinebar.com). Open daily. D LS SB, \$\$, WA

**Bella'Gio • Italian • RC** Classic and original recipies like lobster ravioli and chicken or veal bellagio are served up with the freshest ingredients and paired with a full variety of wine, beer and liquor. • 835 W. Main St., Cheshire, 203-439-9175 [bellagioc.com](http://bellagioc.com). Open daily. L (Mon-Sat) D, \$\$, WA

**Bin 100 • Mediterranean** Feast on delicious Mediterranean cuisine elegantly served in a spacious dining room. • 100 Lansdale Ave., Milford, 203-882-1400 [bin100restaurant.com](http://bin100restaurant.com). Open daily. D, \$\$\$, E, WA

**Ceviche • Latin Fusion** Several styles of ceviche are offered here. In addition, the place features a variety of sizzling Latin dishes, cocktails and 30 types of tapas. • 530 Middlebury Road, Middlebury, 203-527-7634 [cevichelatinakitchen.com](http://cevichelatinakitchen.com). Closed Mon. L D, \$\$, WA

**Chip's Family Restaurant • American** Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 321 Boston Post Road, Orange, 203-795-5065; 775 Main St. S, Southbury, 203-586-1258 [chipssrestaurants.com](http://chipssrestaurants.com). Open daily. B L D, \$, WA

**Consiglio's Restaurant • Classic Italian** Family-owned and -run for over 40 years, Consiglio's is known for classic home-style favorites like homemade cavatelli and braciole, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, 203-865-4489 [consiglios.com](http://consiglios.com). Open daily. L (Wed-Fri) D, \$\$, WA

**Dino's Seafood • Seafood** This family-run favorite of local diners for more than five decades prides itself on serving high-quality seafood with the taste of love and joy in every order. Customer favorites include strip clams, fritters, lobster rolls, and top-split hot dogs accompanied with a local craft beer. • 540 Washington Ave., North Haven, 203-239-5548 [dinosseafood.com](http://dinosseafood.com). Closed Mon. L D, \$, WA

**Elm City Social • American • EP** Features creative and upscale pub-friendly fare in a visually impressive setting. There is also an assortment of excellent cocktails offered. • 286 College St., New Haven, 475-441-7436 [elmcitysocial.com](http://elmcitysocial.com). Open daily. L (Mon-Fri) D LS SB, \$\$, WA

**Frank Pepe Pizzeria Napoletana • Pizza • EP RC** While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, 203-865-5762; 130 Reidville Drive, Waterbury, 475-235-2145 [pepesizzeria.com](http://pepesizzeria.com). Open daily. L (Mon-Fri) D, \$, WA

**Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP** Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, 203-777-7700 [geronimobarandgrill.com](http://geronimobarandgrill.com). Open daily. L D LS SB, \$\$, WA

**Heirloom • Modern Continental** Seasonal Farm & Coastal menu draws its inspiration from the New England pantry with fresh ingredients sourced from regional heritage growers and artisan suppliers. Expansive international wine collection. • The Study at Yale, 1157 Chapel St., New Haven, 203-503-3919 [heirloomnewhaven.com](http://heirloomnewhaven.com). Open daily. B L (Mon-Fri) D LS SB, \$\$, WA

**Home • American** Whether in the main "dining room" or the "living room" lounge, Home offers up locally sourced food and a wide selection of regional craft brews to make its guests feel comfortable and comforted. • 1114 Main St., Branford, 203-483-5896 [homerenaurantct.com](http://homerenaurantct.com). Closed Mon. L D LS, \$\$, E

**L'Orcio • Contemporary Italian** This upscale contemporary restaurant features an outdoor patio and a menu of house-made pastas, grilled whole fish and steaks with seasonal cuisine. • 806 State St., New Haven, 203-777-6670 [lorcio.com](http://lorcio.com). Closed Mon. D, \$

**La Tavola Ristorante • Classic Italian • EP** Enjoy a twist on classic Italian cuisine with prosciutto-wrapped figs, pepper beef carpaccio and pepper-encrusted Ahi tuna. • 702 Highland Ave., Waterbury, 203-755-2211 [latavolaristorante.com](http://latavolaristorante.com). Open daily. L (Mon-Sat) D, \$\$\$, WA

**Mamoun's • Middle Eastern • RC** Authentic Middle Eastern cuisine, made from scratch using fresh, natural ingredients, fine imported spices and signature recipes, served in a traditional environment. • 85 Howe St., New Haven, 203-562-8444 [mamouns.com](http://mamouns.com). Open daily. L D LS, \$, WA

**Olea • Spanish • EP RC** World-class, full-service Spanish restaurant, with a fun tapas bar. • 39 High St., New Haven, 203-780-8925 [oleanewhaven.com](http://oleanewhaven.com). Closed Sun. D, \$\$\$, WA

**Park Central Tavern • American** The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, 203-287-8887 [parkcentraltavern.com](http://parkcentraltavern.com). Closed Mon. L (Wed-Sun) D SB, \$\$, WA

**Ristorante Luce • Classic Italian** Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, 203-407-8000 [ristoranteluce.net](http://ristoranteluce.net). Open daily. L (Mon-Fri) D, \$\$, WA

**Señor Pancho's • Mexican** Festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, carne asada and fajitas. • 280 Cheshire Road, Prospect, 203-758-7788; 385 Main St. S, Southbury, 203-262-6988 [senorpanchos.com](http://senorpanchos.com). Open daily. L D, \$, E, WA

**Shell & Bones Oyster Bar & Grill • Seafood • EP RC** This waterside restaurant features the celebrated creations of executive chef Arturo Franco-Camacho whose specialties include steak and seafood. • 100 South Water St., New Haven, 203-787-3466 [shellandbones.com](http://shellandbones.com). Open daily. D L (Sat-Sun), \$\$, WA

## "Where Good Times and Good Food Come Together."



### American Comfort Cuisine

1 South Kent Road, Gaylordsville, CT  
[theoldoaktavern.com](http://theoldoaktavern.com) • (860) 355-1100



"Extraordinary"  
- Connecticut Magazine

"Top 100 Restaurants in America 2015, 2016, 2017"

- Open Table



- Hartford Magazine



### Lunch

Sat. & Sun. 11:30am-2:00pm

### Dinner

Wed. & Thurs. 5:30-9:00 • Fri. & Sat. 5:30-10:00 • Sun. 5:00 – 9:00

828 Bantam Road, Bantam, CT 06750

860.567.0043

[www.arethusaaltavolo.com](http://www.arethusaaltavolo.com)



**YOU'RE INVITED!**



FEATURING KEYNOTE SPEAKER

## Judy Woodruff

Anchor and Managing  
Editor of *PBS NewsHour*

**Thursday  
May 24, 2018**

7:30 a.m. REGISTRATION

8:00 a.m. BREAKFAST

The Aqua Turf Club  
Plantsville, CT 06479

Join Connecticut Public as we celebrate the powerful and dedicated women who have made outstanding contributions in the areas of journalism, media, and communications. Their voices inform ours, through their professionalism, mentoring, creativity, and dedication to the highest standards in the media industry.



For more information, including corporate sponsorship opportunities, and to purchase tickets, visit [ctpublic.org/informedvoices](http://ctpublic.org/informedvoices).



# BRILLIANT MINDS. CARING. CURING.

In academic medicine, we know that there are far too many possibilities for just one mind to explore. And so, at UConn Health, we search together. Brilliant minds, skilled hands, accomplished nurses, collaborating to discover the answers that will bring you the best care today, and cures for tomorrow.

Welcome to possible.

[health.uconn.edu](http://health.uconn.edu)

**UCONN  
HEALTH**

**THE POWER OF POSSIBLE.**

# What's On!

Connecticut Public

05.2018  
[ctpublic.org](http://ctpublic.org)



The Toolbox  
of America

HOW ONE CONNECTICUT  
COMMUNITY BECAME THE  
“HARDWARE CAPITAL  
OF THE WORLD”

Premieres THURSDAY, MAY 17  
at 8 P.M. on Connecticut Public Television.

Connecticut  
**public**  
Television



# PRESIDENT'S MESSAGE



At Connecticut Public, home to Connecticut Public Television and Connecticut Public Radio, we pride ourselves on producing quality, balanced journalism and innovative, cross-platform storytelling, and we have a few new exciting examples of this to share.

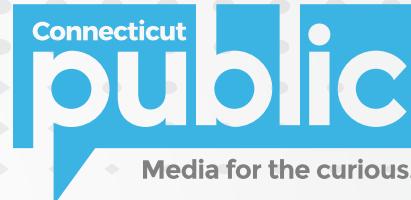
First, Connecticut Public Radio and the *Connecticut Mirror* recently launched a new series called *Extra Credit*. This collaborative journalism project features on-air conversations about civics and state government, specifically in Connecticut. We will dig a little deeper into some of those lessons from Civics class, such as how our leaders are elected, how judges are selected, the process of passing laws in our state, and making policies in our towns. Listen for *Extra Credit* conversations on Connecticut Public Radio during *Morning Edition* and *All Things Considered* as well as online at [ctextracredit.org](http://ctextracredit.org). This new addition to our schedule is made possible by our good friends Margaret and Bob Patricelli and their family foundation.

We are thrilled to share that Connecticut Public Radio was selected to participate in a new initiative called *Guns & America*, a two-year, national reporting collaborative of 10 public media stations. Over the course of two years, these 10 stations will investigate and report on how guns impact us as Americans. These reports can be heard across both broadcast and digital platforms, and can be found at [gunsandamerica.org](http://gunsandamerica.org) beginning in June.

Lastly, we hope you can join us for our second annual women's leadership celebration, Informed Voices: A Celebration of Women in Media, on Thursday, May 24 at the Aqua Turf Club. Judy Woodruff, Host and Managing Editor of PBS NewsHour will be our keynote speaker as we celebrate the powerful and dedicated women who have made outstanding contributions in journalism, media, and communications. To purchase tickets, visit [ctpublic.org/informedvoices](http://ctpublic.org/informedvoices). The second annual Women's Leadership \$5,000 Scholarship winner will be announced and introduced at this breakfast. This scholarship is in honor of Carla Squatrito, of Carla's Pasta in Windsor, CT. Her entrepreneurial vision, leadership drive and focus on people are qualities integral to this scholarship.

None of these initiatives would be possible without you, our members. As always, we thank you for your support!

PRESIDENT AND CEO, CONNECTICUT PUBLIC



## "What's On!"

is published monthly as a supplement in Connecticut Magazine by Connecticut Public, 1049 Asylum Avenue, Hartford, CT 06105. Connecticut Magazine, 100 Gando Drive, New Haven, CT 06513, is published monthly by Digital First Media, Lower Makefield Corporate Center, 790 Township Line Road, 3rd Floor, Yardley, PA 19067. Editorial content for "What's On!", the 16-page program guide devoted to CPTV and WNPR, is determined by Connecticut Public, a nonprofit corporation chartered by the state of Connecticut.

## TRUSTEES:

Thomas Barnes/Chair, Gregory Butler/Vice Chair, Joyce Ahrens, Tim Bannon, Edith Bjornson (emerita), Robert Blocker, Francisco L. Borges, Paul Bucha, Gregory Butler, Christopher Campbell, Gayle Capozzalo, Arnold Chase, Daniel Crown, Christopher Dadlez, Arthur Diedrick, Maryam Elahi, Jeffrey Flaks, Jerry Franklin (ex officio), Jeffrey S. Hoffman, Peter G. Kelly, Thea Montanez, George Norfleet, Michael Parker, Michael Price, Eugene M. Salorio, Laura Lee Simon (emerita), John Soto, Radha Radhakrishnan, Connie Weaver, George Whelen, V. E. Roger Williams, Jay Youngling

## COMMUNITY ADVISORY BOARD:

Kay Rahardjo/Chair, Linda Cavanaugh/Vice Chair, Elaine Elisabeth Barrie, Penena Beede, Eric Bennett, Rocio Chang, Angie Chatman, Tarah S. Cherry, Amanda Devan, Gwendolyn Edwards, David Henderson, Henry Link, Kathryn O'Neil, Agnes Quinones, David Richards, Natasha Samuels, Meher Shulman, Maisa Tisdale

## MEMBERSHIP AND PROGRAM INFORMATION:

**Call:** 860.275.7550

**E-mail:** [audiencecare@cptv.org](mailto:audiencecare@cptv.org)

Membership starts at \$40 per year.

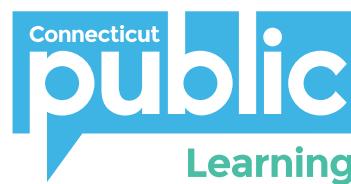
## EDITORIAL STAFF:

**Editor:** Lauren Rosenthal

**Senior Art Director:** Todd Gray

**Contributor:** Emily Caswell

# Looking to learn new skills?



## Digital Media Programs For Adults and Veterans

- Hartford
- New Haven

### Courses include:

- Video Production & Editing
- Graphic Arts and Design
- Vector Graphics
- Documentary Storytelling

### Classic begin August 27

Register at [ctlearninglab.org/adults](http://ctlearninglab.org/adults)

To learn more, contact:

**Donna Sodipo**

Senior Vice President of Education

860.275.7337

[dsodipo@ctpublic.org](mailto:dsodipo@ctpublic.org)

## **FRONTLINE:** Blackout in Puerto Rico

**Tuesday, May 1 at 10 p.m. on CPTV**

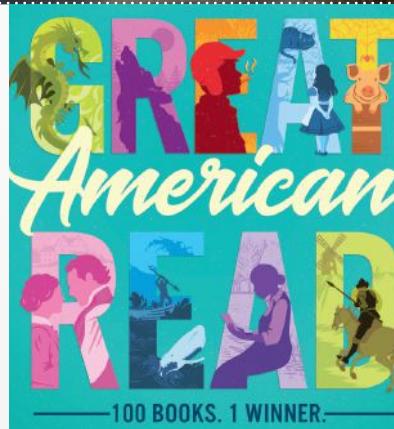
Examine the humanitarian and economic crisis in Puerto Rico after Hurricane Maria. With NPR, the film investigates how the federal response, Wall Street, and years of neglect have left the island struggling to survive.



## The Great American Read

**Tuesday, May 22  
at 8 p.m. on CPTV**

Explore the power of books and the joy of reading through the lens of America's 100 best-loved novels, as voted on by the public. Meredith Vieira hosts this eight-part series designed to spark a national conversation about reading and the books that have inspired, moved, and shaped us.



## Hedy Lamarr: American Masters

**Friday, May 18  
at 9 p.m. on CPTV**

Hollywood star Hedy Lamarr was known as the world's most beautiful woman – Snow White and Cat Woman were both based on her iconic look. Discover the ingenious inventor behind the pretty face as Lamarr tells her own story in a newly discovered interview.



## National Memorial Day Concert 2018

**Sunday, May 27 at 8 p.m. on CPTV**

The 29th annual broadcast of this night of remembrance, co-hosted by Joe Mantegna and Gary Sinise, honors the service and sacrifice of our men and women in uniform, their families at home, and all those who have given their lives for our country. Airing live from the West Lawn of the U.S. Capitol, the concert will also feature an all-star lineup of actors and musicians as well as the National Symphony Orchestra.

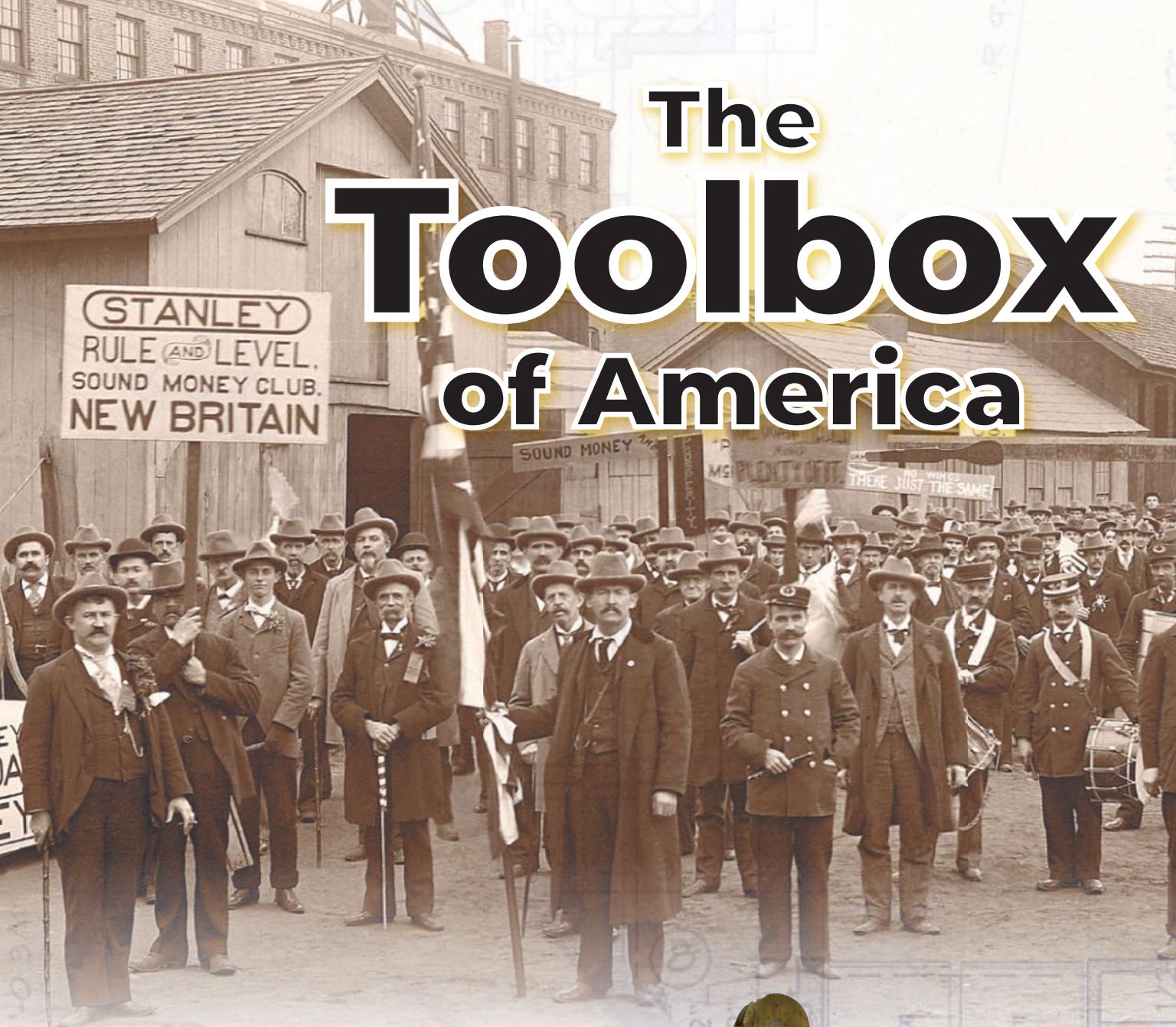


## First Civilizations

**Tuesdays at 9 p.m.  
beginning May 1 on CPTV Spirit**

Explore the seedbed civilizations of Mesoamerica, the Middle East, and the Indus Valley to learn how and why early humans created villages, towns, cities, and states, establishing the blueprint for the modern world.

# The Toolbox of America



By 1900, one small town had created and patented more inventions per capita than any other in America. That town? **New Britain, Connecticut.**



In *The Toolbox of America*, premiering this month, Connecticut Public Television explores this local manufacturing revolution, with a special focus on entrepreneur Frederick T. Stanley. A classic Americana story, Stanley is inextricably connected to America's — and Connecticut's — manufacturing dominance.

Interviews with experts and industry insiders highlight the Stanley family's impact on New Britain, manufacturing, and the world. New Britain was not positioned on a major trade route, nor did it have a river for water power or shipping. But by the early 20th century, New Britain, once known as "The Great Swamp" and boasting a population of less than 3,000 people, had become the nexus of manufacturing in America and home to companies like The Stanley Works, founded in 1843 by Frederick Stanley. Today, the company is known as Stanley Black & Decker, and it still calls New Britain home.

As *The Toolbox of America* illustrates, New Britain's role in the history of manufacturing is substantial. This small town delivered the tools and products consumers used to build and renovate American homes and businesses and created a global leader that continues to support the world's builders, makers, and innovators.



## Surprising Facts about New Britain's Role in American Manufacturing



William Hart popularized the cardboard box while he served as Secretary-Treasurer of The Stanley Works. Hinges were initially sold packed in grease paper, and the screws sold as a separate transaction. Hart recommended packaging both pieces in one box, decreasing the amount of time it took shopkeepers to pull items off shelves.



The hardware used to build Rockefeller Center in New York City was manufactured in New Britain.



60 million pounds of Stanley steel were used in World War I.



The Stanley Hardware Rollorama was a cross-country bus featuring built-in displays of tools and hardware. Retailers could watch demos first-hand and learn about new tools on the market.



Post World War II, there were at least nine large hardware companies based in New Britain, employing at least 15,000 people and paying \$75 million in local wages.



Within 30 years, Stanley Works was responsible for bringing over 30 steam engines to the state of Connecticut, allowing for a more efficient manufacturing process.



*The Toolbox of America*  
premieres Thursday, May 17 at 8 p.m. on  
Connecticut Public Television.

p cptv

# Prime Time | May 1-6

- CPTV Original, CPTV National Production or Presentation, or CPTV Co-production indicated in blue font.
- Program or episode premiere indicated by a **P**. Live broadcasts indicated by a **L**.
- Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit [CPTV.org/schedule](http://CPTV.org/schedule) for exact start and end times.
- This schedule is accurate as of press time; visit [CPTV.org/schedule](http://CPTV.org/schedule) for the most up-to-date program schedule.

TUE   1	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	Civilizations - Part 3: God & Art <b>P</b> See how religion has inspired art and art has inspired religion.		Art Detectives - Part 3 <b>P</b> Bendor and Jacky visit the Ulster Museum in Belfast.		Frontline - Blackout in Puerto Rico <b>P</b> Explore the crisis in Puerto Rico following Hurricane Maria.		Frontline - The Business of Disaster Who profits when disaster strikes?	
<b>p</b> spirit	Secrets of the Dead - Teotihuacan's Lost Kings		First Civilizations - War <b>P</b> Explore the process of "destructive creation."		Time Scanners - Machu Picchu How was the Inca city built?		Globe Trekker - Tough Trains: Bolivia	
WED   2	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	Nature - Natural Born Rebels: Survival <b>P</b> Meet animals that will do whatever it takes to survive.		NOVA Wonders - What's Living in You? <b>P</b> Dive into the human microbiome.		NOVA - Search for the Super Battery "Gadget geek" David Pogue sets out to learn how batteries work.		Antiques Roadshow - Green Bay, Part 2 Appraisals include a Renaissance-revival poison ring.	
<b>p</b> spirit	The Perfect Crime: American Experience		History Detectives Special Investigations - Texas Servant...		Independent Lens - True Conviction <b>P</b> Exonerated ex-prisoners start a detective agency to help others.		Color of Justice Revisited	
THU   3	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	The Dr. Blake Mysteries - Measure Twice <b>P</b> Blake investigates the murder of a retired carpenter.		And Then There Were None - Part 1 <b>P</b> Ten mismatched strangers find they have a murderer in their midst.		Queen Elizabeth's Secret Agents - Part 1 William Cecil intercepts a conspiracy to kill the queen.		Ask This Old House	This Old House
<b>p</b> spirit	Baby Makes 3 - Part 1 <b>P</b>	Baby Makes 3 - Part 2 <b>P</b>	This Old House Hour <b>P</b> Issues highlighted include rough plumbing.		The Great British Baking Show, Season 4 - Part 9: Patisserie		Martha Bakes	Baking with Julia
FRI   4	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	Midsomer Murders - The Black Book, Part 1 <b>P</b> A painting is auctioned hours after its owner is killed.		Death in Paradise, Season 6 - Erupting in Murder A volcanologist is found dead.		The Kate - Jimmy Webb w. Ashley Campbell <b>P</b> Grammy-winning songwriter Webb performs his hits.		Live from the Artists Den - Lady Antebellum The multi-platinum trio performs at the United Palace.	
<b>p</b> spirit	Sing That Thing, Season 4 <b>P</b>	Hollywood Idols	The Public Television Feature Film Collection - Singin' in the Rain <b>P</b> A star (Gene Kelly) loves a chorus girl (Debbie Reynolds) who dubs his co-star.				Science Goes to the Movies	On Story
SAT   5	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	Viewers' Favorites* (Start: 7:30 p.m.) CPTV presents one of its most popular specials.		The Public Television Feature Film Collection - The Big Sleep <b>P</b> Raymond Chandler's private eye Philip Marlowe (Humphrey Bogart) follows two wealthy sisters (Lauren Bacall, Martha Vickers) through a maze.				The Dr. Blake Mysteries - Measure Twice (See CPTV, May 3 at 8 p.m.)	
<b>p</b> spirit	A Place to Call Home, Season 3 - The Things We Do for Love		Death in Paradise, Season 6 - Erupting in Murder		Grantchester, Season 1 on Masterpiece - Part 5		Poirot, Season 12 on Masterpiece - The Big Four**	
SUN   6	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	Call the Midwife, Season 7 - Part 8 <b>P</b> The closing of a nearby maternity home creates an influx of patients.		Unforgotten, Season 2 on Masterpiece - Part 2 <b>P</b> The victim's life comes into focus, while Sara's scandalous past is revealed.		Midsomer Murders - The Black Book, Part 1 (See CPTV, May 4 at 8 p.m.)		Marley's Ghosts, Season 2 - Part 2	
<b>p</b> spirit	Nature - India's Wandering Lions Meet Asia's last wild lions.		Gorongosa Park: Rebirth of Paradise - Lion Mystery		First Peoples - Americas A discovery in Mexico yields new information.		First Civilizations - War (See CPTV Spirit, May 1 at 9 p.m.)	



## INDEPENDENT LENS: True Conviction

**Wednesday, May 2  
at 10 p.m. on CPTV Spirit**

After serving a combined 60 years in prison for crimes they did not commit, three recently exonerated Texans — Christopher Scott, Johnnie Lindsey, and Steven Phillips — join forces to form the unlikeliest of investigative teams, on a mission to help wrongfully convicted prisoners obtain freedom like they did.

# Prime Time | May 7-12

MON 7	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
P cptv	Antiques Roadshow - Green Bay, Part 3 P Treasures include a Belle Epoque diamond necklace.		Antiques Roadshow - Charleston, Part 3 A 1970 Jimi Hendrix collection is appraised.		Fake or Fortune - Gauguin P The team examines possible work by Paul Gauguin.		Art Detectives - Part 3 (See CPTV, May 1 at 9 p.m.)	
P spirit	Born to Explore	Born to Explore	Egypt Beyond the Pyramids - Cairo, Undercover		Egypt Beyond the Pyramids - The Gathering Storm		Secrets of the Dead - Teotihuacan's Lost Kings	
TUE 8	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
P cptv	Civilizations - Part 4: Encounters P See how art became the great interface when distant cultures met.		Secrets of the Dead - The Mona Lisa Mystery A secret Leonardo da Vinci painting has been uncovered.		Frontline - Myanmar's Killing Fields P Efforts to kill and expel Rohingya Muslims are revealed.		The Price of Peace: A Personal Exploration by Johan Norberg P How can war be prevented?	
P spirit	NOVA - Holocaust Escape Tunnel A Holocaust secret is unearthed.		First Civilizations - Religion P Explore religion's role in Ancient Egypt.		Secrets of the Dead - Cleopatra's Lost Tomb		Museum Access	Beyond La Bamba P
WED 9	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
P cptv	Nature - Natural Born Rebels: The Mating Game P Learn about mating rituals of prairie dogs and more.		NOVA Wonders - Are We Alone? P Astronomers and engineers hunt for life on worlds near and far.		NOVA - Life's Rocky Start Go around the world and back in time to learn how minerals are vital to life.		Antiques Roadshow - Green Bay, Part 3 (See CPTV, May 7 at 8 p.m.)	
P spirit	Murder of a President: American Experience James Garfield's unprecedented rise to power, his shooting, and the tragic aftermath are explored.				Independent Lens - No Man's Land P Protestors took over the Malheur National Wildlife Refuge in 2016.		Film School Shorts	
THU 10	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
P cptv	The Dr. Blake Mysteries - First Dance P A housebound Blake tries his best to investigate a death.		And Then There Were None - Part 2 P (See CPTV, May 3 at 9 p.m.)		Queen Elizabeth's Secret Agents - Part 2 Elizabeth's enemies grow in strength.		Ask This Old House	This Old House
P spirit	Baby Makes 3 - Part 3 P	Baby Makes 3 - Part 4 P	This Old House Hour P Modern light fixtures are used in an old house.		The Great British Baking Show, Season 4 - Part 10: The Final		Martha Bakes	Baking with Julia
FRI 11	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
P cptv	Midsomer Murders - The Black Book, Part 2 P (See CPTV, May 4 at 8 p.m.)		Death in Paradise, Season 6 - The Secret of the Flame Tree Florence gets emotionally involved in a case.		The Kate - John Oates P John Oates performs Hall & Oates hits, plus music from his album Arkansas.		WoodSongs - John Oates P John Oates performs solo versions of Hall & Oates classics and more.	
P spirit	Sing That Thing, Season 4 P	Hollywood Idols	The Public Television Feature Film Collection - An Officer and a Gentleman P A loner (Richard Gere) shapes up for a tough drill instructor.				Science Goes to the Movies	On Story
SAT 12	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
P cptv	The Public Television Feature Film Collection - Bringing Up Baby P A befuddled paleontologist (Cary Grant) is pursued by a flighty heiress (Katharine Hepburn) and her pet leopard.				Hollywood Idols - Cary Grant	Hollywood Idols - Grace Kelly	The Dr. Blake Mysteries - First Dance (See CPTV, May 10 at 8 p.m.)	
P spirit	A Place to Call Home, Season 3 - L'Chaim, to Life		Death in Paradise, Season 6 - The Secret of the Flame Tree		Grantchester, Season 1 on Masterpiece - Part 6		Poirot, Season 12 on Masterpiece - Dead Man's Folly**	

**HELP US Celebrate 160 Years of Innovation and Counting**

**Hoop Skirt 1857**

**Barnes GROUP INC**  
An American Enterprise

**Aerospace 1962 to Present**

**Saturday**  
JUNE 16, 2018 | 6 p.m.  
Hartford Marriott Downtown

Founded on spring innovations for clocks, hoopskirts, Soaring worldwide in precision parts and aerospace.

**For more information or to purchase a table, please contact:**  
**Margaret Lawson**  
Marketing and Event Consultant at 860.558.5026 or [specialgifts@ctpublic.org](mailto:specialgifts@ctpublic.org)

**Sponsored by:**  
**Connecticut public**  
Media for the curious.

# Prime Time | May 13-18

SUN 13	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Little Women on Masterpiece - Part 1 P	Meet the March sisters and their mother, Marmee.	Unforgotten, Season 2 on Masterpiece - Part 3 P	Tessa, Sara, Colin, and Marion each have a motive – but also an alibi. Cassie has a revelation.	Midsomer Murders - The Black Book, Part 2 (See CPTV, May 4 at 8 p.m.)	Marley's Ghosts, Season 2 - Part 3		
p spirit	Nature - The Last Rhino	Follow the race to save the northern white rhino.	Gorongosa Park: Rebirth of Paradise - The Elephant Whisperer		First Peoples - Africa	Did humans evolve in many places across Africa?	First Civilizations - Religion (See CPTV Spirit, May 8 at 9 p.m.)	
MON 14	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Antiques Roadshow - Newport, Part 1 P	Tiffany vases stun an appraiser.	Antiques Roadshow - Tucson, Part 1	Finds include a 1943 Allen Ginsberg-signed yearbook.	Royal Wedding Watch - Part 1 P	Tune in all week for special coverage leading up to the royal wedding.	Secrets of Henry VIII's Palace Tour Hampton Court, the ultimate royal pleasure palace.	
p spirit	Born to Explore	Born to Explore	The Story of India - Parts 1, 2 & 3	See back-to-back episodes as host Michael Wood goes on an extraordinary expedition through today's India, looking to the present for clues to its past, and to the past for clues to its future.				
TUE 15	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Civilizations - Part 5: Renaissances P	Explore the cultural flowering of Italy and the Islamic empires.	Young Victoria	The true story of Queen Victoria's path to the throne shows that it was by no means easy.	Royal Wedding Watch - Part 2 P	(See CPTV, May 14 at 10 p.m.)	Tales from the Royal Bedchamber	Explore the historical importance of royal bedrooms.
p spirit	NOVA - Bird Brain	NOVA investigates just how smart birds are.	First Civilizations - Cities P	Go inside ancient Middle Eastern cities.	Egypt's Treasure Guardians	People work to protect Egypt's heritage.	Roadtrip Nation: Future West P	Meet innovative Arizona residents.
WED 16	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Nature - Super Hummingbirds	High-speed camerawork takes viewers inside the world of hummingbirds.	NOVA Wonders - Can We Build a Brain? P	Advances in artificial intelligence are explored.	Royal Wedding Watch - Part 3 P	(See CPTV, May 14 at 10 p.m.)	Secrets of the Tower of London	Go inside secret rooms in the Tower of London and learn surprising facts.
p spirit	Chasing Churchill: In Search of My Grandfather - Parts 1, 2 & 3					This three-part series, hosted by Winston Churchill's granddaughter Celia Sandys, examines Churchill's private quest for his inner self.	Independent Lens - Chuck Norris vs. Communism	
THU 17	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	The Toolbox of America P	Trace the Stanley family's impact on manufacturing and on New Britain, Conn.	And Then There Were None - Part 3 P	(See CPTV, May 3 at 9 p.m.)	Royal Wedding Watch - Part 4 P	(See CPTV, May 14 at 10 p.m.)	Ask This Old House	This Old House
p spirit	Baby Makes 3 - Part 5 P	Baby Makes 3 - Part 6 P	This Old House Hour P	There's termite damage at the Single House.	The Great British Baking Show, Season 1 - Masterclass 1		Martha Bakes	Baking with Julia
FRI 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
p cptv	Midsomer Murders - Secrets & Spies, Part 1 P	Is "the Beast of Midsomer" more than a legend?	Hedy Lamarr: American Masters P	Lamarr was known as the most beautiful woman in the world – and she was also an ingenious inventor.	Royal Wedding Watch - Part 5 P	(See CPTV, May 14 at 10 p.m.)	Hollywood Idols - Grace Kelly	
p spirit	Sing That Thing, Season 4 P	Hollywood Idols	The Public Television Feature Film Collection - Bringing Up Baby (See CPTV, May 12 at 8 p.m.)				Science Goes to the Movies	On Story

# MAKING HER STORY

A WHERE WE LIVE SERIES



TUESDAY,  
MAY 15  
AT 7 P.M.

Connecticut  
**public**  
WNPR

CAROLYN MILES  
Save the Children President and CEO

Ridgefield Playhouse,  
Ridgefield, CT

TICKETS are \$10,  
and seating is limited.  
[wnpr.org/makingherstory](http://wnpr.org/makingherstory).

SPONSORED BY



# Prime Time | May 19-24

SAT 19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	Viewers' Favorites* (Start: 7:30 p.m.) Enjoy a special presentation that can only be found on CPTV!		The Public Television Feature Film Collection - Singin' in the Rain (See CPTV Spirit, May 4 at 9 p.m.)				Young Victoria (See CPTV, May 15 at 9 p.m.)	
<b>p</b> spirit	A Place to Call Home, Season 3 - Somewhere Beyond the Sea		Death in Paradise, Season 6 - The Impossible Murder		Grantchester, Season 2 on Masterpiece - Part 1		Miss Marple, Season 7 on Masterpiece - Greenshaw's Folly**	
<b>SUN 20</b>	<b>8:00</b>	<b>8:30</b>	<b>9:00</b>	<b>9:30</b>	<b>10:00</b>	<b>10:30</b>	<b>11:00</b>	<b>11:30</b>
<b>p</b> cptv	Little Women on Masterpiece - Part 2 <b>P</b> The March family must come together to face their most difficult challenge yet.				Louisa May Alcott: American Masters The author of <i>Little Women</i> was a free thinker with a literary double life.		Orchard House: Home of Little Women <b>P</b>	
<b>p</b> spirit	Nature - My Congo Explore the beauty and majesty of the Congo.	Gorongosa Park: Rebirth of Paradise - New Blood			First Peoples - Asia <i>Homo sapiens'</i> migration into Asia is detailed.		First Civilizations - Cities (See CPTV Spirit, May 15 at 9 p.m.)	
<b>MON 21</b>	<b>8:00</b>	<b>8:30</b>	<b>9:00</b>	<b>9:30</b>	<b>10:00</b>	<b>10:30</b>	<b>11:00</b>	<b>11:30</b>
<b>p</b> cptv	Antiques Roadshow - Newport, Part 2 <b>P</b> Fabulous finds include a Faberge jade snuff bottle from 1890.	Antiques Roadshow - Tucson, Part 2 Discover hidden treasures, such as a Jackie Robinson archive.			The Toolbox of America (See CPTV, May 17 at 8 p.m.)		America Revealed - Made in the U.S.A. Explore traditional and non-traditional manufacturing in the U.S.	
<b>p</b> spirit	Born to Explore	Born to Explore	The Story of India - Parts 4, 5 & 6	The final three episodes of the series air back-to-back. Host Michael Wood continues his journey through India – a journey that features majestic landscapes and artistic treasures.				
<b>TUE 22</b>	<b>8:00</b>	<b>8:30</b>	<b>9:00</b>	<b>9:30</b>	<b>10:00</b>	<b>10:30</b>	<b>11:00</b>	<b>11:30</b>
<b>p</b> cptv	The Great American Read - Part 1 <b>P</b> See the premiere of the eight-part television competition and nationwide campaign exploring the power of books and the joy of reading through the lens of America's best-loved novels.		Frontline - Weinstein Learn how Harvey Weinstein tried to silence women he allegedly harassed.		Makers - Women in Hollywood Jane Fonda, Zoe Saldana, and other women are showcased.			
<b>p</b> spirit	NOVA - Rise of the Robots Meet the most advanced humanoid robots.	First Civilizations - Trade <b>P</b> A unique ancient civilization is profiled.	The Mystery of Chaco Canyon Explore ancient desert structures.		Roadtrip Nation: The Next Mission			
<b>WED 23</b>	<b>8:00</b>	<b>8:30</b>	<b>9:00</b>	<b>9:30</b>	<b>10:00</b>	<b>10:30</b>	<b>11:00</b>	<b>11:30</b>
<b>p</b> cptv	Nature - The World's Most Wanted Animal <b>P</b> A conservationist attempts to save pangolins.	NOVA Wonders - Can We Make Life? <b>P</b> Learn how scientists are creating and manipulating DNA.	NOVA - Extreme Animal Weapons Animals' claws, horns, and fangs are explored.		Antiques Roadshow - Newport, Part 2 (See CPTV, May 21 at 8 p.m.)			
<b>p</b> spirit	The Bombing of Wall Street: American Experience	Blackout: American Experience A blackout hit New York City in 1977.			Independent Lens - ACORN and the Firestorm <b>P</b> The battle to take down the group ACORN is explored.	Film School Shorts		
<b>THU 24</b>	<b>8:00</b>	<b>8:30</b>	<b>9:00</b>	<b>9:30</b>	<b>10:00</b>	<b>10:30</b>	<b>11:00</b>	<b>11:30</b>
<b>p</b> cptv	The Dr. Blake Mysteries - A Good Drop <b>P</b> Blake investigates arson and the murder of a farmer.	The Dr. Blake Mysteries - A Time for Every Purpose <b>P</b> Blake investigates the death of a policeman.	Queen Elizabeth's Secret Agents - Part 3 Religious extremists plan to blow up the Houses of Parliament.		Ask This Old House	This Old House		
<b>p</b> spirit	Baby Makes 3 - Part 7 <b>P</b>	Baby Makes 3 - Part 8 <b>P</b>	This Old House Hour <b>P</b> A smart home and a pergola are featured.	The Great British Baking Show, Season 1 - Masterclass 2	Martha Bakes	Baking with Julia		



## LITTLE WOMEN on Masterpiece

Sunday, May 13 and 20  
at 8 p.m. on CPTV

As engaging today as in 1868, Louisa May Alcott's story follows sisters Jo (Maya Hawke), Meg (Willa Fitzgerald), Beth (Annes Elwy), and Amy (Kathryn Newton) who, together with Laurie (Jonah Hauer-King), journey to adulthood. The cast also includes Emily Watson, Angela Lansbury, Dylan Baker and Michael Gambon.

# Prime Time | May 25-31

FRI 25	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	Midsomer Murders - Secrets & Spies, Part 2 <b>P</b> (See CPTV, May 18 at 8 p.m.)		Death in Paradise, Season 6 - The Impossible Murder A hotel manager is murdered.		Soundstage - Katharine McPhee <b>P</b> Katharine McPhee performs songs from her fifth studio album.		Soundstage - Chicago: 50th Anniversary of Chicago II <b>P</b> The album <i>Chicago II</i> is celebrated.	
<b>p</b> spirit	Sing That Thing, Season 4 <b>P</b>	Hollywood Idols	The Public Television Feature Film Collection - The Big Sleep (See CPTV, May 5 at 9 p.m.)				Science Goes to the Movies	On Story
SAT 26	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	The Public Television Feature Film Collection - An Officer and a Gentleman (See CPTV Spirit, May 11 at 9 p.m.)			The Dr. Blake Mysteries - A Good Drop (See CPTV, May 24 at 8 p.m.)			The Dr. Blake Mysteries - A Time for Every Purpose (See CPTV, May 24 at 9 p.m.)	
<b>p</b> spirit	A Place to Call Home, Season 3 - Too Old to Dream	Death in Paradise, Season 6 - Stumped in Murder		Grantchester, Season 2 on Masterpiece - Part 2			Miss Marple, Season 7 on Masterpiece - Endless Night**	
SUN 27	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	National Memorial Day Concert 2018 <b>P</b> Hosted by Joe Mantegna and Gary Sinise, this concert features the National Symphony Orchestra and special guests.		National Memorial Day Concert 2018 (See CPTV, May 27 at 8 p.m.)				Antiques Roadshow - Tucson, Part 2 (See CPTV, May 21 at 9 p.m.)	
<b>p</b> spirit	Nature - Hotel Armadillo Animals reside in burrows left by armadillos.	Gorongosa Park: Rebirth of Paradise - Hidden World		First Peoples - Australia Early <i>Homo sapiens</i> migrated to Australia.			First Civilizations - Trade (See CPTV Spirit, May 22 at 9 p.m.)	
MON 28	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	Antiques Roadshow - Newport, Part 3 <b>P</b> A Boston bureau table from 1770 is appraised.	USS Indianapolis Live - From the Deep Dive underwater to tour the wreckage from the USS Indianapolis.		Going to War <b>P</b> This documentary goes inside the experience of battle and reveals soldiers' stories.			Journey Home to the USS Arizona A man's ashes are placed aboard the USS Arizona Memorial.	
<b>p</b> spirit	Born to Explore	Family Travels with Colleen...	National Memorial Day Concert 2018 (See CPTV, May 27 at 8 p.m.)		Cloudstreet: Soaring the American West			Canadian Rockies by...**
TUE 29	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	The Chinese Exclusion Act: American Experience <b>P</b> The impact of the 1882 law that made it illegal for Chinese workers to come to America and for Chinese nationals to become U.S. citizens is examined.			Frontline - UN Sex Abuse Scandal <b>P</b> <i>Frontline</i> traces allegations against UN peacekeepers.			POV - Out in the Night A group of African-American lesbians are charged with attempted murder.	
<b>p</b> cptv	NOVA - Search for the Super Battery (See CPTV, May 2 at 10 p.m.)	Tesla: American Experience Inventor Nikola Tesla is profiled.		Hawking The remarkable life of Stephen Hawking is chronicled.			Roadtrip Nation: Life Hackers <b>P</b> A cross-country trip goes "off road."	
WED 30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	Nature - Jungle Animal Hospital Witness the drama at one of the world's wildest hospitals.	NOVA Wonders - What's the Universe Made Of? <b>P</b> Explore dark matter and dark energy.		NOVA - Inside Einstein's Mind Einstein's ideas reshaped our understanding of gravity.			Antiques Roadshow - Newport, Part 3 (See CPTV, May 28 at 8 p.m.)	
<b>p</b> spirit	Death and the Civil War: American Experience Key battles and the immense implications of the Civil War's staggering death toll are explored.			Independent Lens - Served Like a Girl <b>P</b> Women compete in the Ms. Veteran America Competition.			Film School Shorts	
THU 31	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>p</b> cptv	The Dr. Blake Mysteries - Family Portrait <b>P</b> In this special <i>Dr. Blake</i> Mysteries event, Dr. Blake and Jean are confronted with three murders, two weddings, and a funeral.			Miss Marple, Season 7 on Masterpiece - Endless Night Miss Marple investigates several suspicious deaths believed to have been caused by a curse.			This Old House	
<b>p</b> spirit	Baby Makes 3 - Part 9 <b>P</b>	Baby Makes 3 - Part 10 <b>P</b>	This Old House Hour <b>P</b> A custom iron gate is featured.	The Great British Baking Show, Season 1 - Masterclass 3		Martha Bakes	Baking with Julia	



## The Chinese Exclusion Act: American Experience

**Tuesday, May 29  
at 8 p.m. on CPTV**

Examine the origin, history, and impact of the 1882 law that made it illegal for Chinese workers to come to America and for Chinese nationals already here ever to become U.S. citizens. The first in a long line of acts targeting the Chinese for exclusion, it remained enforced for more than 60 years.

# Faith Middleton food schmooze® [foodschnooze.org](http://foodschnooze.org)



## Prosecco Margarita

### FROM FAITH:

We've mixed all manner of spirit, herbs, and fruit into prosecco and cava to make sparkling cocktails, but Food Schmooze® contributor Alex Province's sparkling margarita is a delicious first for us. Festive and fun, it's a most unexpected cocktail for a taco party, or any party really. Think: Mother's Day brunch. The drink is a celebration unto itself, so pull it out for any holiday or gathering.

Start off with one-half shot of the orange liqueur in this surprising cocktail, and taste the drink. Add up to one-half shot more if you think it needs it. You can use any orange liqueur you like; we used Grand Marnier.

### INGREDIENTS

- ½ lime (zest for salt garnish, juice for cocktail)
- Salt for garnishing the glass
- ½ shot tequila
- ½ shot orange liqueur Grand Marnier, Cointreau, or Triple Sec
- Sparkling wine

### INSTRUCTIONS

1. Zest the lime and mix zest into salt.
2. Rub rim of champagne flute with lime wedge. Dip rim in salt to coat it lightly.
3. Add tequila and orange liqueur to flute, along with a squeeze of fresh lime juice.
4. Top off with prosecco or your favorite dry sparkling wine.

Makes one cocktail.



• LOCAL. WHOLESOME. •  
**TRADITION**

Visit [cucinadicarla.com](http://cucinadicarla.com)  
for retailers near you!





# Rubber Soul

## LOOKING BACK ON GOODYEAR, THE NAUGATUCK RUBBER INDUSTRY, SNEAKERS AND THE MYTHICAL ORIGINS OF NAUGAHYDE

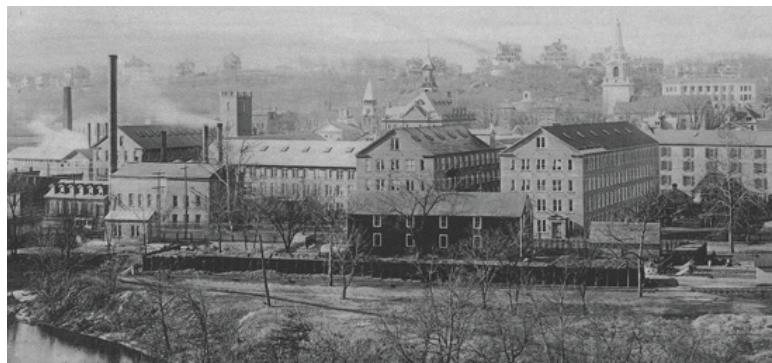
"There is probably no other inert substance," Charles Goodyear once said of rubber, "which so excites the mind."

It's safe to say most of us don't share the love Goodyear, who was born in New Haven and raised in Naugatuck, had for the substance derived from rubber trees. But Goodyear's passion — and it was indeed that — for rubber would ultimately change the world and leave an unmistakable imprint on Naugatuck and the region as a whole.

In 1834, Goodyear, then a bankrupt hardware store owner living in Philadelphia, learned while visiting the New York retail store of the Roxbury (Massachusetts) India Rubber Co. that the company was nearly bankrupt. The financial straits were due to the effect the environment had on existing rubber; it would turn rock-hard and crack in the winter and melt in the summer heat.

Over the next five years Goodyear conducted experiments in an attempt to solve what was perhaps the greatest industrial puzzle of the century: how to stabilize rubber.

As he embarked on his studies, he battled often-crippling poverty. He went to debtors' prison so many times during his life that he called it his "hotel." When one of his infant sons died, he could not even afford a funeral.



The Goodyear Metallic Rubber Shoe Co., circa 1890, two years before the company merged with eight others in Naugatuck to form the United States Rubber Co.

Yet Goodyear pursued the quest to stabilize rubber with Ahabian zeal. As Ann Marie Somma writes for connecticuthistory.org, "Goodyear mixed chemicals into raw rubber in pots and pans in makeshift laboratories that he set up in his wife's kitchen and also in debtors' prison. ... He inhaled the fumes of toxic concoctions, including nitric acid, lime, and turpentine, that he mixed together and kneaded into the rubber to make it stable. ... When he ran out of money to pay for his experiments, he begged or sold his family's furnishings, even his children's textbooks."

During one particularly lean period during this time, his family survived thanks to charity from local farmers in Woburn, Massachusetts, where the family had settled. The farmers gave his children milk and let them dig for potatoes. It was in Massachusetts where Goodyear realized by accident that combining rubber and sulfur with heat caused rubber to harden and stabilize. He perfected this technique over the next few years. In 1843 he established the Naugatuck India-Rubber Co. in Naugatuck, and in 1844 he patented his process for stabilizing rubber. He named the process vulcanization, after the Roman god of fire.

Thanks to Goodyear licensing his vulcanization process in the area, Naugatuck became a hub of the rubber industry. One of its major thoroughfares is still named Rubber Avenue.

In 1892, nine Naugatuck rubber companies consolidated into the United States Rubber Co. Four years later, the massive company was one of the original 12 stocks making up the Dow Jones Industrial Average.

The company would later form the Keds brand and release in 1916 the iconic Champion, the first major shoe with rubber soles. While these were not the first shoes specifically designed for athletics, they may have been the first shoes dubbed "sneakers," as the rubber-soled shoes were quieter and therefore perfect for "sneaking" around.

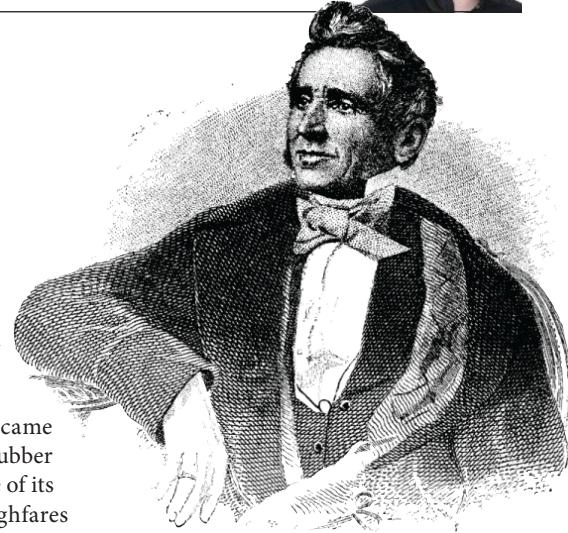
Earlier, in 1904, in order to offset the costs of purchasing chemicals needed in the rubber vulcanization process, the United States Rubber Co. formed the Naugatuck Chemical Co. It occupied 20 acres of land along the Naugatuck River and produced the needed sulfuric acid as well as a variety of other chemicals, including pesticides. However, its most well-known product was probably the nationally recognized, Naugatuck-inspired Naugahyde, an artificial leather often used in upholstery. A popular ad campaign in the 1960s and '70s jokingly claimed that Naugahyde was derived from a cartoonish creature called a Nauga. The company even sold Nauga dolls. Not everyone got the joke, and a myth developed in some — hopefully small — circles that Naugas were real animals.

The 1960s and '70s saw the decline of industry in Naugatuck and the Valley as a whole. Many factories were shuttered, including the Naugatuck Chemical Co., which ceased operations in town in 1979.

As for Goodyear himself, due to poor financial decisions, his groundbreaking invention never made him wealthy or even financially secure. He died in 1860 at age 59, \$200,000 in debt. He is buried at the Grove Street Cemetery in New Haven.

The Goodyear Tire & Rubber Co. opened in 1898, several decades after Goodyear's death. Though named after him, it had no more direct connection to Charles Goodyear than the Tesla auto company does to inventor Nikola Tesla. Goodyear, however, might not have minded that a company profited from his name and his work, as they were not the first or last to do so.

"Life," Goodyear wrote, "should not be estimated exclusively by the standard of dollars and cents. I am not disposed to complain that I have planted and others have gathered the fruits. A man has cause for regret only when he sows and no one reaps." ■



Naugy's Charles Goodyear

# FAIRVIEW AT OXFORD GREENS BY DEL WEBB

**READY, SET, SPRING INTO SAVINGS!  
SPECTACULAR NEW HOMES, NEW PRICES!**

**"I WISH I DID THIS SOONER" - THE MOST REPEATED PHRASE AT OXFORD GREENS**



Make new and lasting friendships and enjoy an active adult lifestyle at Fairview at Oxford Greens. Clubhouse, indoor & outdoor pools, fitness, tennis, clubs and one year FREE golf membership!

Experience MAINTENANCE FREE living.

Don't miss out on being a part of this extraordinary community!

---

642 Championship Dr. Oxford. Minutes away from I-8 and I-84

Call Ronda Margolis or Tad Serrao @ 203.888.3582 or

email [ronda.margolis@delwebb.com](mailto:ronda.margolis@delwebb.com) or [tad.serrao@delwebb.com](mailto:tad.serrao@delwebb.com) • Also visit: [delwebb.com](http://delwebb.com)



# Behind Every Great Home



NO OBLIGATION IN-HOME DESIGN CONSULTATION

NEW CONSTRUCTION  
RENOVATION  
WEEKLY SERVICE



MULTIPLE WINNER: TOP 50 POOL BUILDERS IN USA!



[www.aquapool.com](http://www.aquapool.com) • (800) 722-AQUA (2782)

HIC.0503482 • SPB.0000044 • NHC.0010353 • MA LIC. 113981 • RI LIC. 37265 • NY LIC WC. 5600-H93 • NY LIC. PC 679